


MAY

10 CENTS

# SUGGESTION

Herbert A. Parkyn, M. D., Editor

The central text is flanked by two decorative columns. Each column has a fluted shaft and a capital with a scroll-like ornament. A draped cloth or ribbon wraps around the middle of each column.

**Psychic Research**  
**Auto-Suggestion**  
**Suggestive Therapeutics**  
**Drugless Healing**  
**Nature Cure**  
**Personal Magnetism**  
**Thought Power**  
**Health**  
**Happiness**  
**Success**

**THE NEW PSYCHOLOGY MAGAZINE FOR THINKERS**

Published Monthly at 4020 Drexel Boulevard, Chicago

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# SUGGESTION

## A Magazine of the New Psychology

"Man's whole education is the result of Suggestion"

SUGGESTION PUBLISHING CO., 4020 Drexel Blvd.

VOL. XVI.

CHICAGO, MAY 1, 1906.

No. 5

### Disastrous Newspaper Suggestions

BY HERBERT A. PARKYN, M. D., C. M., MEDICAL SUPERINTENDENT OF  
THE CHICAGO SCHOOL OF PSYCHOLOGY, 4020 DREXEL  
BOULEVARD, CHICAGO, ILL.

#### IV

**T**HE following clipping from a New York paper shows the state of affairs that continued publication of the details of assaults upon women has brought about in Chicago:

#### CHICAGO'S REIGN OF CRIME.

ALDERMAN DUNN SAYS THE CITY IS RIPE FOR LYNCH LAW.  
*Special to The New York Times.*

Chicago, March 2.—The "crime" situation has reached a climax in Chicago, and present conditions cannot last much longer. Hold-ups are increasing, and crime generally flourishes.

Alderman W. P. Dunn says the city is "ripe for lynch law," and predicts that unless the police department is reorganized and strengthened there will be a whirlwind of wrath on the part of its citizens compared with which the present law-and-order agitation will be "like a summer breeze to a cyclone."

"Within the last week," he said today, "three policemen have come to me and told me of terrible assaults that have occurred on Chicago's streets of which not a word has reached the public. The books in which the reports are made are kept under lock and key, and policemen are threatened with severe consequences if they permit knowledge of these happenings to leak out. Yet the crimes that do get into the newspapers through the hard work of the police reporters are enough to make the public stand aghast at the situation."

Here is a concrete example of the spreading of crime through newspaper suggestions. In the second article of this series I mentioned the first important assault on women that had occurred and said that the published details of the crime were leading to other similar crimes. Accordingly this telegraphic account of the situation



in Chicago speaks volumes, coming as it does only a few weeks after I called attention to the danger. So greatly has this form of crime increased in Chicago that the city churches are almost empty on Sunday evenings and the ministers are endeavoring to plan with the members of their congregations to come to church in parties in order to insure protection through numbers. Meanwhile 1,000 policemen have been added permanently to the city police force. Why? Merely to endeavor to counteract the increase in crime which has been brought about through the daily tales of evil doing that have been sent into every home in Chicago with the daily family paper.

Events of the last few weeks in Chicago alone have shown clearly that this series of articles has not been founded on theory, but on cold facts which must be brought to the attention of the thinking public and a demand be made on the daily papers to cease publishing the hideous details of revolting crimes before any permanent relief can be secured.

One thousand policemen will cost the city of Chicago \$1,000,000 per year, and yet this addition to the police force will scarcely make an impression on the number of crimes committed. Whereas, a notice from the Postmaster General to the newspapers to the effect that hereafter any paper publishing the details of criminal events would be denied second-class mailing privileges would do more in a few weeks to stop the wave of crime that is sweeping over the country than \$1,000,000,000 spent in extra policemen.

The interest that has been aroused in many sections of the country by my first attack on the daily newspapers is quite remarkable, and although many newspapers have received marked copies of SUGGESTION for February, only a few newspapers have had the backbone to print even an outline of the attack. But that there has been an awakening of public sentiment is evident from the following telegram from St. Paul, Minn., where, even ten years ago, a law was passed forbidding the publication of the details of hangings. A few more laws like this, only a little broader in scope, should be passed and enforced by every State in the Union if the present wave of crime is to be checked. Here is the dispatch:

#### ST. PAUL PAPERS INDICTED.

St. Paul, March 2.—The Grand Jury this evening returned indictments against the three St. Paul daily newspapers, *The Pioneer Press*, *The Dispatch*, and *The News*, for reporting the recent hanging of William Williams. The John Day Smith law forbids publication of details of a hanging. The newspapers are permitted simply to announce the fact of the execution.



The papers are indicted as corporations, will answer to-morrow, and probably will be fined. The cases will be taken to the Supreme Court for a test. The statute has been in force nearly ten years, but this is the first time the newspapers have been dealt with for violating it.

One evening paper of the date on which I am writing devotes over one whole page to the murder trial of the most heinous murder that has occurred in Chicago in years, and almost half one page is devoted to a portrait of the self-confessed murderer. And think of it, over one-half of those who are attending the trial are women, drawn to the court through the publicity given by the daily papers to the crime and the details of the trial!

But this state of affairs is not peculiar to Chicago alone. Look at the hundreds of women who crowded to hear the trial of Nan Patterson in New York on account of the publicity given the case by the newspapers of the country. Even at the present time, March 15, crowds of women are daily attending a racy murder trial in New York. In fact, to show that newspaper publicity of crimes is so debasing and that women have become so hardened by reading of these horrors daily that they stoop to do things today which, even ten years ago, nine hundred and ninety-nine women in a thousand would have been horrified to think of. I will give an extract from the New York *World* of March 3:

WOMEN RAILBIRDS FIGHT FOR CLAICHE TRIAL SEATS.  
MOST REVOLTING CASE IN YEARS, YET THEY ARE EAGER TO HEAR IT ALL—WELL-  
DRESSED MATRONS IN DAILY RUSH.

#### THE RAILBIRDS.

BY WALTER A. SINCLAIR.

Hear ye! hear ye! come to court,  
Matrons of "the better sort."  
There's an outcast girl on trial.  
Come to court to stare and smile,  
Come to wear fine clothes, to gush,  
Hark to sin without a blush.  
Draw your skirts, of course, but stay,  
Let no word or act get 'way.

Hear ye! hear ye! come to court,  
'Tis a most dramatic sport,  
Seeing with your wide drawn eyes  
How the half world lives—and dies.  
Fighting for a seat within,  
There to miss no word of sin.  
In the court-room benches lined  
Here Prim Virtue sits enshrined.

Hear ye! hear ye! come to court.  
What though husbands may exhort,  
Asking you to spend some time  
On the household? Here's a crime

More absorbing than your work.  
 Children, meals and all just shirk.  
 What if meals are cold and late?  
 Here's a problem of the State.

Hear ye! hear ye! come to court,  
 Matrons, all of good report.  
 Come from homes this throng to join,  
 Touch sleeves with the Tenderloin,  
 Like starved buzzards at a feast  
 On some dead and rotting beast.  
 Hurry home now, knowing ye  
 Are much holier than She.

BY MARTIN GREEN.

As Justice Davis looks out from the bench over the audience that throngs his courtroom at each session of the murder trial of Berthe Claiche his glance encompasses a veritable garden of millinery. To the right of him and in front of him the space is dotted with elaborately trimmed hats on the heads of women. To the left of him sits the often bored and always patient gentlemen of the jury.

These female railbirds of the criminal courts are as interesting, in a measure, as the criminals whose trials draw them. The writer of this has attended many trials of murderers, male and female, in the course of which unprintable testimony was extracted from willing and unwilling witnesses. In none has he heard such a putrid line of evidence as that adduced in the proceedings fraught with so much importance to Berthe Claiche.

Policemen, lawyers and reporters, by long familiarity with the crimes and sins of the weak and vicious, become more or less calloused. What to persons whose lives move in smooth and peaceful channels might appear exciting or scandalous is to them quite commonplace.

#### REVELATIONS ARE REVOLTING.

There is nothing commonplace, however, in the Claiche trial revelations. Seasoned veterans in the task of reporting criminal proceedings have felt sickened at times at the evident pleasure taken by witnesses in disclosing unspeakable conditions. But the women spectators have taken these excavations from the sewers of society as they might take the chatter at an afternoon tea.

Most of the women in attendance at the Claiche trial have not missed a session. Many of them have, by right of continuous possession, annexed the same seats day after day. As the case has grown in rankness the attendance of women has increased. The prospect of the unfortunate defendant taking the stand and telling every detail of her sinful life caused a female rush to the court-house yesterday afternoon that made a bargain counter rush look like a crowd of mourners lining up for the last look at the dear departed.

The remarkable thing about these women is their appearance of respectability. Few there are with the tell-tale faces that stamp the women of Bertha Claiche's class. Nearly all are quite pretty. A preponderating number are of full figure, and double chins are heavily in attendance.

They all dress well. Women with leisure time, allowing them to spend day after day listening to the evidence in a murder trial, undoubtedly have the means to enable them to buy pretty gowns. Most of them wear jewelry, but the jewelry is generally in good taste. With few exceptions they are past the first flush of youth, and nearly all wear wedding rings.

But when and how is this whole thing to end? Things cannot go on indefinitely as at present. Some halt must be called on the daily press. Its columns must be purged and the readers of SUGGES-

TION can assist greatly in bringing about the desired result by calling the attention of their friends to the danger of an unbridled or unprincipled press. They can assist in getting the idea before the masses that the newspapers are spreading crime. This idea will grow and grow until newspapers themselves will feel obliged to change their tactics in deference to the opinion of the people.

And now that my contention regarding the spread of crime through DISASTROUS NEWSPAPER SUGGESTIONS has been proven beyond question, as shown by the daily records of the police department of Chicago during the sixty days since I began this series of articles. I want to call attention to another phase of newspaper suggestions that is seriously affecting the American public. I refer now to the villainous patent medicine advertisements with which the daily papers are permitted to fill their advertising columns, altho many of these advertising columns of patent medicines are prepared to resemble news items in order that the unsuspecting may be deceived into reading the greater part of the advertisement before they discover that it is a patent medicine advertisement they have been reading, not news.

*(To be continued.)*

**T**RUE sovereignty is in service, as every spiritually awakened nature knows; therefore, in such service one fulfills the highest harmony of being, and secures to himself the greatest pleasure possible, the highest joy, and the furthest removed from "grief."—Charles B. Newcomb.

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"The man with an idea has ever changed the face of the world."

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Worth begets, in base minds, envy; in great souls, emulation.  
—Fielding.

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Men, till a matter be done, wonder that it can be done, and as soon as it is done wonder again that it was no sooner done.  
—Ruskin.

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The diminutive chains of habit are seldom heavy enough to be felt till they are too strong to be broken.—Samuel Johnson.

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"Wait not for destiny, wait not at all;  
This leads to failure's dark and dim morass;  
Sound thou to all thy powers a trumpet call,  
And, staff in hand, strive up the mountain pass."



# RESOLVE

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O KEEP my health!

To do my work!

To live!

To see to it I grow and gain and give!

Never to look behind me for an hour!

To wait in weakness and to walk in power;

But always fronting onward to the light,

Always and always facing towards the right,

Robbed, starved, defeated, fallen, wide astray—

On, with what strength I have!

Back to the way!

—Charlotte Perkins Stetson.

## The Origin of Christian Science

BY HORATIO W. DRESSER,\*

Cambridge, Mass.

Written for SUGGESTION.

**I**F one were to look about for an illustration of the power of a dominant idea over the human mind it would be difficult to find an array of facts equal in significance to those which gather about the term "Christian Science" and the name of Mrs. Eddy. Hitherto most writers who have referred to this peculiar cult have either assailed it or have undertaken to assimilate its teachings in their own terms. But quite apart from either the absurdity or the truth of the general doctrine there is this other interest, namely, the power of the central idea, with its set of suggestions and the implied system of organized thought. The purpose of the present article is to call attention to this significant interest. I have no desire to interfere with the good which many are deriving from Christian Science. Nor would I say anything that might seem to imply personal animosity. It ought to be possible by this time to distinguish between the help that may spring from a doctrine, or a personality, and the negative characteristics in question when it is viewed in another connection. The time will doubtless come when the mere power of the Christian Science idea will be looked upon as the strangest phenomenon in the whole movement.

The peculiar situation is this. It is given out that Christian Science came by "revelation," in 1866, and its authorized text-book is practically infallible, like a work on mathematics. Accordingly, Mrs. Eddy is revered with all the esteem that seems to belong to the giver of a divine revelation. Little by little a powerful organization has been built up, and with equal pace the power of Mrs. Eddy has increased, until now she is compared with the Pope, and outsiders look on in amazement when her apparently arbitrary edicts are received, as if each word were divinely inspired. It seems never to occur to her followers to question the truth of the statements whereby this vast power has been slowly acquired, but one and all aid in the pro-

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\* Author of *Health and The Inner Life*; an analytical and historical study of the spiritual healing theories with an account of the life and teachings of P. P. Quimby; published by G. P. Putnam's Sons, New York, \$1.50 postpaid. See notice in Review Department of this issue.

mulgation of the revelation idea. The power of this idea seems all the more remarkable in view of the fact that year by year more people in the outside world are discovering that the revelation theory is unfounded. To understand how all this can be it is necessary to go back to the time when Mrs. Eddy was the loyal disciple of the remarkable therapist who restored her to health.

In 1862 Mrs. Eddy was an invalid, confined to her bed after years of illness. Learning of the wonderful cures which were being wrought by a certain Mr. Quimby, her husband wrote to the new healer requesting help for his wife. Later Mrs. Eddy was moved to Portland, Me., and my mother happened to be present when the future "founder" was assisted up the steps to Mr. Quimby's office for treatment. Mr. Quimby had then been in the practice of purely mental treatment, according to the methods now in vogue, for many years, and it was out of his practice and teaching that the mental healing movement has grown. My father, who was Quimby's patient in 1860, and who had become an enthusiastic follower of the new therapist, was then devoting his time to the new patients. Thus it happened that he first explained to Mrs. Eddy how the cures were wrought. He also loaned her a volume of the Quimby manuscripts on the mental theory of disease and its cure. Mrs. Eddy herself became an ardent follower of the new theory, and not only made converts to it, but publicly lectured about it, and when Mr. Quimby's death occurred, in 1866, she wrote a poem about him for a Portland paper.

There is plenty of documentary evidence, if anyone wishes to prove my statements. There is also evidence to show that Mrs. Eddy gradually changed her attitude towards Mr. Quimby, whom she has repeatedly maligned during the past twenty years as "an ignorant mesmerist." It is not for me to assign the motives for this change, but to point out that from the time when, in 1883, articles began to appear in the Boston papers, showing where and how Mrs. Eddy derived her "revelation," the hypothesis of this "revelation" was brought forward more and more. Mrs. Eddy gained greatly in repute by closing her "metaphysical college," in 1889, and retiring to Concord, N. H.—on account of shaking palsy, it was said. The revelation idea was also furthered by the growth of the Christian Science church in Boston, with its inscription in large letters, and its general repute among the faithful. The more widely it became known that Mrs. Eddy had borrowed the more valuable portions of her methods and



theories, the more strict the regulations of the church became. For every historical fact there was an off-setting statement, tending to throw the real history into a false light. The sect has thrived under the alleged persecution by the truth-tellers. Moreover, an element was introduced into the Christian Science theory which seemed to account for all this "persecution," namely, that all this was due to "malicious animal magnetism." Thus it has come about by a system of the most persistent suggestions, sent abroad in advance, that every avenue has been cut off. Hence, no one is now able to win the attention of a Christian Scientist when it is a question of the Mrs. Eddy's great benefactor.

It would surely amaze people if they could know all the facts in this strange history. I am often asked to give an explanation of this astonishing power, and in addition to the facts mentioned above I point out that the secret of it all is the power of a skilful magnetic personality. My mother tells me that Mrs. Eddy had a way of calling people by pet names and gradually persuading them to serve her. In this way mother was patronizingly addressed as "Nettie, dear." This was in 1862, when both were patients under Mr. Quimby's care. Doubtless that magnetic power grew with the years, and when the revelation hypothesis was introduced it was only a question of time when the Christian Science idea should gain a great impetus. Mrs. Eddy's temptation to claim the whole discovery as her own was the same that comes to many when they find themselves succeeding. The carrying out of her edicts is the natural result of acceptance of the personality from which they emanated. Very likely Mrs. Eddy has regretted that she ever maligned Quimby. But what could she do—so some would contend—but stand by her position when once she had assumed it? What can her most tried and trusty followers do but sustain her in it all? For there is a long story here, too. I have known several people during the past twenty years who were once Mrs. Eddy's right-hand followers, but who could not long endure the system to which they were subjected. Little by little, however, the fittest have survived, until now—well, the movement is successful, and profitable, and what more need be said?

Now, I do not for a moment question the honesty of those who have helped to spread the revelation idea and maligned Mr. Quimby. I seriously question if many of the leaders of the Christian Science movement know the truth about the "revelation" and about Mr. Quimby. The paid agents who answer all criticisms of Christian

Science probably know the truth, for they create "facts" at will. But for the most part the situation is this: the power of the mere idea is so strong that almost no one questions it within the ranks of the Christian Scientists. At any rate, if doubts arise the leaders know how to quell them. Thus they are unwittingly the agents of a machine.

It would surprise the readers of *SUGGESTION*, as well as they may understand the power of thought, if they could know with what persistence the revelation idea has been enforced during the last decade. Sooner or later all of the suggestions that are sent abroad are brought to my notice, for people constantly call upon me for information in regard to Mr. Quimby. Once I received a call from a Christian Scientist in full standing, and perhaps if I narrate the case the power of the revelation theory will begin to come clear. The devotee in question happened to see in the catalogue of a public library the title of a book of mine, and as the title suggested a doctrine allied to Christian Science she made bold to read the book. Then she read a similar book by Mr. Henry Wood, and one by Mr. Trine. In due course the leader of the Christian Science church to which this devotee belonged learned what was going on, and forthwith imperatively forbade her to read any book on that subject, except the "authorized" text-books of Christian Science. She stated that the books in question contained only "error," and that the books were written by unprincipled men. Probably it had never occurred to this leader to question the truth of her "facts." But it did occur to her follower, who came to Boston purposely to set her mind at rest on this point. First she visited Concord, N. H., on the annual pilgrimage to "Mother Eddy." This was disappointing, for she was not permitted "to get near enough to see what the mother was really like." Then she came to me with the usual alleged facts about Quimby and the rest. I explained the situation, and the woman, who was an earnest truthseeker, saw how she had been held by a spell, backed up by misrepresentation. But then came the question, should she at once leave her church? No, it seemed possible to continue a member, with the hope of setting her fellow members free. Accordingly she kept on as before. But only for a short time, for the ever vigilant leader soon questioned her in regard to her reading, and she was brought before the church committee and asked this one test question:

"Do you believe that Mrs. Eddy's books contain all the truth and that these other books contain only error?"

"No," replied the woman candidly, "and moreover I have found

out that the authors of these books are not as represented." Thereupon this truthseeker was immediately dismissed from the church. And with good reason. For the only way the Christian Science church can be kept alive is by rigidly drawing the lines against all investigation. Those who thus draw the lines probably do not know the real reason why they do it. But at headquarters the reason is known.

It is significant that not once in the history of the movement has a Christian Scientist of prominence ventured to challenge the real facts in regard to Mrs. Eddy's relationship to Mr. Quimby. Either the power of the Christian Science idea is so great that it remains unquestioned, or the leaders are so discreet that they never mention the significant facts about Mrs. Eddy's indebtedness to Mr. Quimby. For example, no attempt was made to reply to the exposure of Mrs. Eddy which was published in the *Arena*, in 1899. The Christian Scientists did indeed bring suit against the *Arena* company, on account of the reproduction of Mrs. Eddy's photograph, but this had nothing to do with the exposé. The reports which were circulated at that time and which I have had to explain many times since, once more illustrate the way in which the revelation theory is maintained. It was reported that one of the editors of the *Arena* barely escaped the officers of the law by sailing for Europe when the suit was declared; that the Christian Scientists drove the *Arena* out of Boston, and nearly ruined the business of the magazine. The facts were that I, the editor in question, had no connection whatever with the business, hence none with the suit against the *Arena* company; that I had engaged passage for Europe long before the suit was dreamed of, and hence it was a mere coincidence that I chanced to sail the day the suit was declared; and that the sale of the *Arena*, containing the exposé, actually helped the business, which, in its turn, had already been secured by a New York house when the *Arena* exposure was planned.

At the time the *Arena* in question appeared postals were sent to hundreds of Christian Scientists, with the hope that they might be persuaded to read it. But, no, many of the postals were returned with such comments as, "It is all error," "You will find that you are wrong." Copies of the *Arena* were also sent back with the edges burned, and the Boston Public Library copy was smuggled away by some loyal devotee of the Christian Science idea. One felt that the same fire that once stirred the martyrs was alive. But what a pity it seemed that it did not stir people to seek the truth.



Here, then, is an opportunity for the readers of SUGGESTION to follow the growth of an idea. There will be war unto the end. The more widely it becomes known that there was no "revelation," but that a disloyal disciple promulgated a master's ideas in her own fashion, then claimed to be the real "founder," the more strenuously will the Christian Scientists come forward with their denials. But in due course the truth will prevail. Then the students of suggestion will be in possession of a remarkable series of facts for investigation.

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## What is the Best Means of Perpetuating the Youth of the Body

BY CALVIN E. KEACH, TROY, N. Y.

Before creation God was. All in creation is of Him. Matter came from intelligent creation; the soul and mind of man is the omnific generator and preserver of his life. The ions of his soul are protoplasmic and come to fruition by and through "the breath of life that makes him a living soul." Man, to retain health and youth, must control all his thoughts and acts with emotions of the will power wholly guided by his soul. Right thinking, acting, eating, sleeping, breathing and self-study will enable him to assimilate the life-giving elements more abundantly, eliminating those not needed, and thus build new cells in his blood and system, thus recreating youthful matter that constructs his tissues and perpetuates their character. Sunlight, fresh air, pure water, good vegetable foods, mental and moral purity, charity for all, with malice for none, and in every act and thought remembering that they shape our life for good or evil; the good is youth and health, the bad age and sickness. God gives all creation inexhaustible fountains from which to drink His blessings; the air and sunlight permeate all things in both the animal and vegetable kingdoms. Select rightly and perpetuate your youth. Follow Galatians vi. 7, 8.—*New Thought Magazine*.

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**N**OTHING can work me damage except myself. The harm that I sustain I carry about with me, and am never a real sufferer but by my own fault.—*Saint Bernard*.

## About Ben Adhem

BY LEIGH HUNT.

**A**BOU BEN ADHEM (may his tribe increase!)  
Awoke one night from a deep dream of peace,  
And saw within the moonlight in his room,  
Making it rich and like a lily in bloom,  
An angel writing in a book of gold:  
Exceeding peace had made Ben Adhem bold,  
And to the presence in the room he said,  
"What writest thou?" The vision raised its head,  
And with a look made of all sweet accord,  
Answered, "The names of those who love the Lord."  
"And is mine one?" said Abou. "Nay, not so,"  
Replied the angel. Abou spoke more low,  
But cheerily still; and said, "I pray thee, then,  
Write me as one that loves his fellowmen."

The angel wrote and vanished. The next night  
It came again, with a great wakening light,  
And showed the names whom love of God had blessed—  
And lo! Ben Adhem's name led all the rest!

**L**EIGH HUNT was born at Southgate, Middlesex, England, October 19, 1784; and died at Putney, near London, August 28, 1859.

The son of a clergyman, he was educated at Christ's Hospital, under the same master as Coleridge and Lamb.

He was an ardent political reformer, and it was while in prison for libel against the Prince Regent that he first met Lord Byron, whose biography he afterward wrote.

Besides this, a long poem, "Rimini," and an "Autobiography," his works are principally essays and shorter poems, of which "Abou Ben Adhem" is perhaps the most famous.

There are few school children who have not recited "Abou Ben Adhem," and in the more serious business of life it has served to point a moral, under most varied circumstances; in the marts of trade and the senate chamber it is equally familiar, for, short though it be, it is an epitome of true Christianity.

# SUGGESTION

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HERBERT A. PARKYN, M. D., C. M.,  
Editor.

ELMER ELLSWORTH CAREY,  
Associate and Manager.

\* \* \* SUGGESTION is a popular home review, devoted to the scientific discussion of psycho-therapy, the new psychology, suggestive therapeutics, psychic research, natural healing, rational hygiene, advanced thought, and allied subjects.

\* \* \* IT IS THE aim of the editor to find a basis of fact on which to ground all theories regarding metaphysical and psychical processes, and to account for all occult phenomena on purely scientific lines.

\* \* \* SUGGESTION teaches that health is within the reach of all; that there is but one disease with a thousand symptoms; that right thinking and right living will always produce harmony in the bodily functions, the result being health; and that drugs are not necessary, and that nature cures.

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\* \* \* PLEASE NOTE: Address all communications to SUGGESTION Publishing Company, and make all remittances payable to this company.

The ideal of free thought is to improve the world we are living in now.—John E. Roberts.

The wise use their antagonists rather than confront them.—Mexican Herald.

The dwarfed mind sees a little world.—Mexican Herald.

An idler is a watch that wants both hands, as useless if it goes as when it stands.—Cowper.



# To Everybody.

SUGGESTION PUBLISHING Co., 4020 DREXEL BLVD., CHICAGO.

These separate sheets need not be very large, but as they go to different departments it will facilitate matters by observing these directions.

I hope every one who reads this will bear in mind the above directions. Why not learn the right way to do things? I have outlined the correct way to write to a publication office.

Never write with a hard lead pencil; never use thin paper; never write on both sides of a sheet; never omit your name and address; never omit a stamp if you ask a question for your own information; never omit to send the name of a friend for a sample copy.

If every one would observe the above injunctions in writing a great peace would fall over every publication office and the editor folks would look at each other and say:

"List! Are we dreaming? Is heaven really at hand or is this but an awful hallucination?"

## Wanted—Ideas.

**S**HOULD SUGGESTION contain more editorial matter, more notes and comments, or should it contain more general articles and more department matter? What departments are the most helpful? Should any new departments be added? In what way can we make the magazine interesting to a larger circle of readers?

Now, friends, when you send a note to the office, please give us your opinion on some of the above points. The editorial matter has been limited in the magazine because we thought we could find something more interesting; and then we are so modest. Please give us your ideas. And when you are sending your ideas do not forget to send a favorite quotation and the name of a friend. We can use 1,000 names monthly; do not be afraid to send the names.

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A great wave of awakened thought is spreading over this country and over the world. People are doing more thinking than ever before; the psychic element of mankind is becoming stronger every year. I am inclined to think that in a few years thought forces will be photographed, and the thought photography will be a reality.

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New subscribers and those who will see the magazine for the first time are informed that Hudson's book, "The Law of Psychic Phenomena," gives a very close idea of the principle of the New Psychology. It should be read by every one seeking knowledge of practical psychology. No one is prepared to discuss any matter relating to psychic research intelligently till he has read this book. Another book of value to students is "Auto-Suggestion," by Dr. Parkyn. This is the only book in the world published on this subject of auto-suggestion, and a study of this book will clear away many seeming mysteries. Read it and learn all about "success circles," "absent treatment," "faith healing," healing by relics. The book also explains the basic principles of all systems of healing from drugs to Christian Science.

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I obtained an official list of the Boston school teachers, with their home addresses. I sent a copy of SUGGESTION to each of 500 names from this list selected at random; also a letter asking for subscriptions.

How many subscribers did we get from the Boston school ma'ams? Guess again. Not one.

The actual cost of the magazine, letters, stamps, etc., was about \$35. It cost \$35 to find out that SUGGESTION does not appeal to Boston pedagogs. The fact is that unless a person is a thinker he will not want SUGGESTION. If you are a reader of this magazine you are a member of an army of 100,000 thinkers. There are probably not more than 250,000 thinkers in the United States, and we are anxious to come in contact with the other 150,000. I wish some one would tell me how it can be done.

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Every month a new magazine devoted to some advanced thought topic is launched and every month one of these magazines gives up the ghost. Many persons, seeing the first number of such a magazine, send the subscription price, which they lose, as such magazines rarely ever continue six months. It is a good rule never to subscribe for a new magazine unless you are willing to donate the 50 cents or \$1 to the publisher. No one should commence the publication of a periodical with only \$6 and a stack of manuscripts, two ideas and a bushel of enthusiasm. Only failure is ahead. To publish a magazine means

1. Money, and more money, and more yet.
2. Brains.
3. Experience and knowledge of the publishing business.
4. Determination—one ton a month.

Enthusiasm alone will never make a success of a magazine even if you have oceans of it. Occasionally some one writes to this office for information about the best method of starting a magazine. Here is the best method:

1. Don't.
2. Don't.
3. DON'T.
4. DON'T.

There are more magazines now than the public will support; so I tell the inquiring friends that if they do not have \$5,000 or \$10,000 that they are willing to see disappear they should not think of such a thing.

At the same time the more advanced thought magazines that can live the better for the cause of thought and progress. That is

why we print a list of such magazines in SUGGESTION. We want the public to see that the movement has a backing and that it is spreading. But don't get enthusiastic and start a magazine.

Hundreds of letters are received weekly at the office giving counsel, encouraging advice, commendation and sympathy, and it would be a pleasure to answer them all if it were possible. But it would require the full time of one or two persons and a corps of stenographers to answer every letter.

Correspondents will please remember this. Letters and communications for publication must be short, very short, for there are many who write and the space in the magazine is limited.

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*To Publishers of Advanced Thought Journals:* El Progress Magazine Agency, 50 Aguilar street, Havana, Cuba, is selling all kinds of American magazines. Send him a sample copy with rates, etc.

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Readers who wish to assist in psychological research can give valuable aid by investigating newspaper accounts of suspended animation, trance, telepathy, veridical dreams, dual personality and similar cases. When you see an account in a newspaper cut it out and send the account to some person mentioned on the clipping and ask if the story is correct. Always enclose a stamped envelope with your address for a reply.

The editors of this magazine will be pleased to hear of any newspaper accounts which have been verified. Newspaper accounts that are not verified are of little value.

Why not do some investigating on your own account?

Elsewhere in this issue will be found a directory of many journals devoted to hygiene, metaphysics, new thought, psychic research, etc. So far as is known this is the most complete list of this class of magazines ever published. It is published in SUGGESTION occasionally as a matter of news and information and no payment of any kind received on account of it.

Sample copies of these magazines may be had for a postal. Why not read some of them?

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 \* "He prayeth best who loveth best,  
 \* All things, both great and small."  
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## Spelling Reform.

Judge Brewer, of the United States Supreme Court, is a member of the organization to bring about a reform in spelling. Many publications and many persons have adopted the reform spelling in the case of these words:

Program	Prolog	Tho
Decalog	Altho	Thoro
Thorofare	Thru	Thruout
Catalog	Demagog	Pedagog

Certainly the spelling given above is much more sensible than the old style; then why not adopt the improvement?

As thousands of persons are using the simplified style, one need not be a crank or an extremist if he adopts the abbreviated form.

"Be not the first by whom the new is tried,  
Nor yet the last to lay the old aside."

I think I will tell our printers and proofreaders to use the modified spelling as above in SUGGESTION, but it will be somewhat difficult to preserve uniformity.

Why not be progressive and try the new spelling? E. E. C.

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## Notes and Comments.

In the February SUGGESTION Dr. Ellen Goodell Smith asked for the name of the author of these lines:

"Do not keep the alabaster boxes of your love and tenderness sealed up until your brothers and sisters are dead. Fill their lives with sweetness. Speak approving, cheering words while their ears can hear them and while their hearts can be thrilled by them; the kind things you mean to say when they are gone, say before they go. The flowers you mean to send for their coffin, send to brighten and sweeten their homes before they leave them.

"If my brothers and sisters have alabaster boxes laid away full of fragrant perfumes of sympathy and affection which they intend to break over my body, I would rather they would bring them out in my weary and troubled hours, and open them, that I may be refreshed and cheered by them while I need them. I would rather have a plain coffin without a flower, funeral without eulogy, than a life without the sweetness of love and sympathy.

"Let us learn to anoint our friends beforehand for their burial. Post mortem kindness does not cheer the burdened spirit—flowers on the coffin cast no fragrance backward over the weary way."



## A General Awakening

**T**HERE is an ever increasing interest being taken by the general public in the subjects discussed in this magazine. Almost every issue of the various medical journals contains some articles or reference to suggestive therapeutics; evidently the doctors are waking up. When the public demands drugless methods of treatment the medical profession will readily yield to the changed conditions.

Many newspapers and magazines contain articles on new thought topics, mental science, psychic research, will power, suggestion, etc.

Every week a new book appears dealing with some of these topics. It is fashionable now for publishers to issue novels dealing with some form of occultism or psychology. All this shows an advancement along the lines discussed in SUGGESTION.

As showing the trend of thought, the following announcement is taken from the *Chicago American*:

### READ THIS BEFORE WRITING OUT YOUR GHOST STORY OR DREAM.

Many remarkable stories are related of "dreams that have come true" and ghosts that have been seen. Experiences along this line are of absorbing interest. The readers of the *Chicago Evening American* are invited to relate their experiences. Daily awards will be made of \$3 for the best letter received and printed each day; \$2 for the second and \$1 for the third. Make your letters short, write only on one side of the sheet and write plainly and in simple language. Address your letters to Ghost Editor, *Chicago Evening American*.

Which of us has not at some time in our childhood had the most absolute belief in ghosts? We have sat wide-eyed holding our breath while some one versed in ghostly lore told harrowing tales of experience with these uncanny folk.

The *American* is going to give each and all of you a chance to profit by your knowledge of authentic instances of the psychic. If you have had a dream which actually came true, you may get three dollars for simply telling about it.

But you will say that you have grown up and found out that there are no such things as ghosts, and if dreams do come true once in a while it is simply a happen-so. Now, do you know that there are some very celebrated scientists who have made the study of the supernatural a lifetime work, and who would differ from you materially?

### SCIENTISTS INVESTIGATE.

The Society of Psychical Research in England has been investigating for over a quarter of a century on this very subject, and its members have come to the conclusion that the existence of psychic phenomena is no longer doubtful. They think it not beneath their dignity to make search for instances which prove that they are correct.

Dr. Clarence W. Taber of Chicago, a well-known author and investigator along these lines, recites many things that have come under his own notice and which could have had no explanation except a ghostly one.

### A STRANGE CASE.

An American took with him to Scotland a negro who had served him for years in this country. He was given a room on the ground floor, but

begged to be allowed to change it. He said that he could not sleep, because every night a headless lady with a child in her arms rose out of the hearth.

He was laughed at, but later when the house was torn down they found under the hearthstone in that room the skeleton of a woman, from which the head had been severed, and in her arms she held an infant.

If there is no power of the mind which can see further than the objective senses allow, how do you account for the vision of this poor, frightened negro? And is it strange that when the objective faculties are asleep, the all-seeing part of our minds which never sleeps should be able to penetrate the mysteries denied us in the normal state?

#### REMARKABLE INSTANCE.

Abercrombie, the celebrated student of mental phenomena, tells of a little girl seven years old, who slept in a room adjoining that of a "fiddler" of no mean ability. Only a thin partition separated them and his music sounded all through her room long after she was asleep. She knew nothing of music herself, and did not care for it.

After six months she became sick, and was removed to the house of a lady who undertook the responsibility of caring for the little orphan.

After a short time, the members of the family began to hear beautiful music in the middle of the night, but could not find the musician. Finally, however, the sound was traced to the room of the child, and it was discovered that she was producing it with her lips. They watched her then and found that after she had been in bed for about two hours, she became restless and began uttering sounds similar to those made in tuning a violin, dashing off into the most intricate music at the end of the tuning.

If there is nothing more to the mind than the part we see in daily evidence, how was it that this child, absolutely ignorant of music, could produce such harmony, and that, too, when she was asleep, remembering nothing of it upon her awakening?

#### HERE'S YOUR CHANCE.

Now, the *American* proposes to give its readers a chance to help in the investigation of this phase of science. Many have had dreams, perhaps of no great import, but they have become important because they came true. You know, they used to burn people as witches who dared to believe in such things but now the world has become enlightened enough to know that to disregard the possibility of ghostly phenomena is to acknowledge yourself ignorant.

Have you actually seen a ghost?—not something that you did not recognize and which frightened you so badly that you ran away without finding out anything about it, but something that with a cool head could not be accounted for by any natural law? If so, write the *American* about it.

Which of us has not had some personal experience, or knows someone who has? The communication of the dying or the victim of some sudden accident to a loved one is of such common occurrence as to excite little comment and no ridicule as would have been the case not so many years ago.

#### SPIRITUAL POWERS.

Is it possible that the spiritual part of us has in the extreme agony of death or fright from accident almost the power to rise above the horizon of consciousness and communicate with the normal mind of one to whom there is a bond of attachment? Or, does the "ghost" of the one in danger tell our "ghost" about it so vividly that the impression can arouse us to a knowledge of the cause?

All of these things you have an opportunity to tell about and to make money in the telling.

Write out your experience or that of some one you know to be reliable. Send it to Ghost Editor, *Chicago American*, 214 Madison street.

Don't send in just any old thing that there is no authority for, but only such things as you can vouch for.

An award of three dollars for the best story, two dollars for the second best, and one dollar for the third best will be made daily.

# COMMON SENSE PHILOSOPHY

By CAPT. L. W. BILLINGSLEY,  
LINCOLN, NEBRASKA.

## Constructive Thought

Extract from Thesis Read by L. W. Billingsley to New Psychology Club, Lincoln, Neb.

**T**HE query arises, What is constructive thought? It comes in varied forms. It may be original, independent or made up from thought elements and ideas of others, assimilated with the thinking mental stock. Negatively it may be designated as thoughts that are not wholly memorized, or the borrowed, predigested thoughts of others.

We see rag pickers on the streets picking up rags and papers of various sizes, colors and fibers; they take them to paper mills where they are assorted, washed, ground up and run through vats, and, finally, are woven into and come out sheets of paper of many colors and kinds, fitted to varied utilities. Likewise, thought elements, suggestions, observations, experiences, opinions, deductions, perceptions, ideas, and all kinds of thought stuff are run through our complicated thought mills; a small per cent of the warp and woof of this mental output endure through the ages, while most of it is as ephemereal as a sick man's dream, as it is thickly interwoven with vanities, stupidity and varied threads of selfishness.

Man is primarily a conscious being and thoughts and feelings are the chief media of his lasting knowledge; also he is largely the outgrowth of his environments. Life, with all its pains and pleasures, is chiefly what we make it by thought. Thought is a subtle dynamic power, and potentially can gather and direct the forces of nature. Behind outgoing consciousness is human will, choosing and giving shape to it.

In all the varying aspects of our experiences, the ideas we form are the chief factors of our successes and failures. Infinite energy presents to us unlimited means for our unfoldment through the individuality of each. Happiness, misery, health, disease and everything

that can be related to us, depends upon our attitude to that energy. Infinite power is with us right here and now, and forever; it is imminent upon and envelops our souls, that need help, and can free us from our troubles. Get out of your minds, first, all worry and fear, and that you are under bondage to suffer a lot of things.

We become like that which our minds feed upon. For instance, if you are a frequent attendant at the theater of sensational plays, read sensational novels, and daily feast on the horrors and tragedies flashed out by yellow newspapers, then you become the unfortunate victim of an unwholesome life, divested of composure and self-reliance. If you confine your mind to a certain line of investigation you become therein a specialist and possibly very narrow. It is easy to become a faddist or crank on many things. If we think most of the time on one theory—write and talk about it much on slightest chance, and if anyone not of that belief should ask questions concerning, and then you, like a waterspout, turn loose and drown them in a torrent of your theories, opinions and gospel, then you become a classified crank.

It is well to have some leading subjects for your investigation to which you may daily turn, but don't get waterlogged on any one theory. Be poised, considerate and diversified in your mental bearings. If we look toward matter, physical sensation and disease, we call forth energies in that direction; there is then a building up on these matters in the subconscious mind, and the spiritual that corresponds. If we maintain harmonious, happy, hopeful state of mind, there is a corresponding expansion and lightness of the whole being. Mind is a great controlling factor in all diseases, but it is not all. Some cults have gone to extreme limits in making mind or spirit the sole factor in disease and other physical conditions. The conscious mind is not such a potent factor in our life as the subconscious mental power.

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 For himself doth a man work evil in working  
 evils for another.—Hesiod.  
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 "A man cannot aspire if he looks downward.  
 Look upward; live upward."  
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# DEPARTMENT OF PSYCHIC RESEARCH AND PRACTICAL PSYCHOLOGY

By DR. STANLEY L. KREBS, Greensburg, Pa.

**M**ATTER intended for this Department should be addressed to Dr. Krebs, at above address; manuscript cannot be returned; matter accepted cannot be published in any specific issue; persons having had experience in psychic matters are invited to communicate with Dr. Krebs.

THIS DEPARTMENT will be a regular feature of SUGGESTION, and will contain much material never before published. Dr. Krebs is interested with such scientists and investigators as Professor James H. Hyslop, Dr. R. Hodgson, Professor William James, Professor Elmer Gates, etc. He is one of the recognized authorities in this field of research. Correspondents residing in the east may address him at The Laboratory of Psychology, Chevy Chase Circle, Washington, D. C., of which he is a director and where much of his work is done.—Editor SUGGESTION.

## Psychic Research

### THE LAWS UNDERLYING PSYCHIC PHENOMENA.

**O**N these fifteen cases of spontaneous telepathy and clairvoyance collection of similar phenomena of human consciousness, we as our working bases and as representative examples of a vast are ready now to address ourselves to the task of discovering the great laws governing these strange happenings. That there are such laws extant we infer from the a priori argument that no phenomenon in Nature happens without adequate cause. Every consequent has its commensurate antecedent. Upon this principle rests the unity of nature and the continuity of cosmos which is apparent to all.

#### THE FIRST GENERAL FACT

that will inevitably strike the student is that of the two or more persons who are required for the telepathic interchange, one seems to be the origin of the thought or feeling and another its destination; one sends, the other receives; one projects or transmits the idea and the other catches or senses it; one is the active agent, the other the passive subject.

Our plan will, therefore, be to examine the mental condition (1) of the agent when he sends the thought, (2) of the subject at the moment when he receives it, and (3) the mental and moral correlation existing between the two. Along this line of search we will be more than likely to unearth the underlying laws.

#### FIRST LAW—CONCENTRATION.

Examine the cases and you will find this a common element or factor in each. Concentration is the mental state you will observe



clearly exhibited on the part of the agent. Notice how this fact is unintentionally set forth or directly implied in the natural cases cited.

*Case 1.*—Here occur the words, "they both had expressed the wish many times that mother had been there to help them." In a night of mental stress, pain and anxiety uncle and grandmother had often and earnestly thought of sister and daughter and profoundly longed for her presence, help and sympathy. This coöperative concentration—"where two or three of you agree as touching anything"—reached its desired destination in the mind of the absent and dreaming loved one.

*In Case 2* the agent was the dying Zuni priest, an initiate and friend of Prof. Frank Cushing. They had been peculiarly close and intimate comrades through trying ordeals in the far west. When the last great change was approaching the priest's mind and heart's desires went out in full tide to his far-away friend. (In the presence of death concentration is involuntary and of the most intense and perfect type.)

*In Case 3* my old friend P. B., occasionally entering the shadows, thought of me often and longed to see me. The emotional element accompanying such a desire can readily be imagined. This deep and earnest and persistent longing on his part was the originating cause. Frequently in periods of passivity or moments of absent-mindedness in my study, or on the street, or in the street car, I caught the feeling, and wondered why the thought of him so persistently intruded itself. I was ignorant of the seriousness of his illness. His wife declared he would not admit its seriousness to her, or to the family, and yet he really did know it in his heart of hearts; he felt sure his end was near and longed to see his friend, minister and pastor.

*In Case 4* the agent was Mrs. Miller, and under almost identical circumstances to those just described in the preceding example. The thought and feeling on the *one thing* is here again very evident.

*In Case 5*, entitled "an apparently trivial incident," the reader can readily recognize and appreciate, after a moment's reflection, the mental anxiety of the wife for her husband's approval of her purchase, made without consulting him. In many cases of this type the momentary concentration on this thought, especially on the part of the loving and sensitive, is really intense and absorbing, as well as involuntary and deeply honest and earnest.

*In Case 6* the profound desire of the grandmother to see her daughter before she died is pathetically apparent, so much so, indeed,

that she pityfully and, yet, imperiously called into echoless space, as it were, and audibly prayed for her absent child to hear and hasten to her side. Why her daughter did not receive the telepathic message and why her grandson did will be discussed when we consider the second law governing these phenomena.

Concentration in the presence of peril or death, as already stated, is always intense, involuntary and powerful. This is illustrated in *Case 7*, where the domestic was fleeing from the pursuing madman. The one thought she had in mind in those awful moments of crisis was, "Oh! if Mrs. LeFevre were only here!" This vivid desire and all-compelling wish was the active or creative agency in Mrs. LeFevre's experiences occurring that very moment fifty miles away.

*In Case 8* my own intense feelings, physical and mental, under the strain of the circumstances as therein described, constituted the origin of the experiences transpiring six hundred miles off in the receptive consciousness of Mrs. Krebs.

*In Case 9* the words "drowned in a terrible storm" involve the intense concentration of the perishing missionary women, as heart and mind, in those last stressful hours, turned to the loved ones at home in Salem, Mass. All else was forgotten except this one terrifically intense thought.

Similarly, *in Case 10*. The state of mind of Swedenborg's friend was the cause of the seer's vision. The friend's house was in ruins and his own threatened. How earnestly and whole-heartedly this friend was thinking of Swedenborg at the time, with the picture of the great conflagration at Stockholm so vividly in his mind, can be perceived at a glance.

It will not be difficult, in the light of the foregoing analysis, to discern the active agent in the psychic experiences of the school principal as recorded in case numbered 11. It was the guilt of the youthful thieves. Guilt is fear and worry. It is a state of mind. It is psychological. These boys were first offenders. Their guilt was, therefore, fresh, active, potent, persistent. The state of mind of the teacher and her intimate and sympathetic relations to "her boys" had much to do with the phenomena, as we shall see later. Read the story again and keep before you this mental attitude, this guilt of the boys, and you will discover that it was persistent and present throughout as the psychic basis and undertone of the whole series of related events, and you will also clearly perceive the psychic value and force of the

law we are here discussing, the law of concentration, as the creative agency in all telepathic experiences.

In Case 13 the active agency was the prolonged effort of the professor to recall an important memory, and in Case 15 the affectionate anxiety of the several parishioners to see and consult their pastor. Can you find this law in Case 14? I shall reserve this case, a type of many, for future reference and discussion, as well as the general subject of "premonitions," in nearly all of which, however, we observe the presence and causative force of the great law of concentration.

What I wish the student to particularly observe is this, namely, that a definitely and intensely emotional state of mind, superinduced by the stressful circumstances surrounding each case, a state wherein all other things on earth were forgotten and ignored EXCEPT THE ONE IMMEDIATELY BEFORE CONSCIOUSNESS, AND DOMINATING IT, REAPPEARED IN THE MIND OF ANOTHER PERSON at varying distances from the first, and almost, if not quite immediately, after it had been formed in the originating mind.

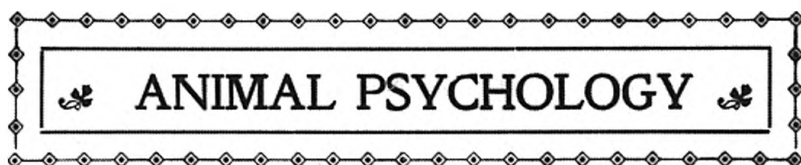
I have studied many cases and I feel convinced that a temporarily dominant idea, or feeling, an idea with an EMOTIONAL ACCOMPANIMENT (not a mere abstract idea, a lifeless or bloodless notion), dominating consciousness to such an extent that it monopolizes consciousness, to the temporary exclusion of all else, is the REAL EXCITING CAUSE OF TELEPATHY. A concentrated thought in one mind precipitates thought in a kindred mind when properly adjusted to it. Mental concentration becomes a center of force; as such, it must produce reaction on its own plane; accordingly, it sets in motion the finer forces of Nature, and human nature, forces as fine as itself, forces on its own plane, by means of which the coarser forms of matter (the mineral or sensory bridges usually required for the transmission of ideas from one brain to another) are no longer necessary, will no longer respond and serve, and so the track or line of force seeks another and a finer channel.

We conclude by repeating, in brief, the main point of this article, namely, that in all cases of spontaneous telepathy, in the cases which Nature herself exhibits, a state of mental concentration with an emotional accompaniment, is always discovered lying at the basis as the starter of the telepathic transference, whereby thought silently and mysteriously reappears at that point of humanity, in that unit of the human race, to which the line and law of least resistance inerrantly leads it.

## TABULATED REVIEW.

Cases. Character and Quality of Concentration.

- 1 Longing for absent friend under pain and anxiety.
- 2 Love of dying friend.
- 3 Love of dying friend.
- 4 Love of dying friend.
- 5 Anxiety of a sensitive and loving wife.
- 6 Love of dying mother for her child.
- 7 Longing for protector in face of peril.
- 8 Physical and mental pain.
- 9 Love of sisters in presence of death.
- 10 Love of friend in presence of disaster.
- 11 Guilt, fear, worry.
- 12 Guilt, fear, worry.
- 13 Prolonged study without success.
- 14 (?)
- 15 Strong desire for counsel and comfort.



IN this department will be published occasionally articles, clippings, contributions, etc., regarding psychic powers in the animal kingdom. Any one interested in animals is requested to send data for this department. Newspaper clippings narrating instances of intelligence, reasoning powers, devotion, etc., in animals will be gladly received.

## Human Character in Animals

**T**HAT there should even be any discussion as to whether animals can think and reason seems remarkable to me. How can there be any doubt about it? It is so very obvious that they are endowed with reasoning power that any doubt about the matter must surely come from a lack of intercourse and knowledge of their habits. I have had a great many dog friends, having had as many as nine of different breeds and crosses at one time. To the dog lover every dog has as distinct personality as the human members of a household.

One of my dogs, "Betsy," a female water spaniel, whose recent death from accidental causes has plunged our home into sadness, ex-

hibited as many fine traits of character as any person I ever knew. Such patience, gentleness, obedience and cheerfulness she exhibited at all times that we all feel that her life was an inspiration to us.

She was able to make all her wishes known; she recognized her name when spoken in any tone or voice, and she knew a great many words. For instance, to say the word "buggy" would make her run and get in the buggy whether there was a horse hitched to it or not, for she delighted in a ride. She dearly loved popcorn and chocolate candy, but preferred the candy to the popcorn. If I were to get out some popcorn she would beg for it and eat it with the greatest relish, but let me produce some candy she would beg and bark for it and she would not eat the popcorn if that were given her. She showed that she wanted the candy by spilling out the popcorn every time it was given her as long as the candy was there, but as soon as all the candy was gone she would eat the popcorn with her former relish.

I have also known cats to have human-like traits of character and to exhibit remarkable evidence of reasoning power. One cat in particular, a terrible rogue by the way, would bring another invalid cat all sorts of "cat" dainties, fish heads, chicken feet, etc., etc. She would call this grown cat just as mother cat calls her kittens and the cat instantly ran to her.

I also knew another remarkable dog who would obey commands from his master given over the telephone, when he had refused to do the same thing when told by the other members of the household. This little dog, "Monkey," was greatly puzzled at first to know how he could not see his master yet hear him, and he vainly tried to understand the mystery of a telephone. At first he would go on the other side of the wall and see if his master was talking to him from behind the wall, but at last the matter lost interest for him and he was content to follow the instructions given him over the phone without bothering his dog intelligence with the mystery of it. This little dog's life was less remarkable, though, than his death. His master and mistress had lost an only child, an infant a few months old. It had been buried at a cemetery at least three miles from the house—a public cemetery where there were thousands of graves. In his last illness this little dog dragged himself to the grave of his master's child and was there found dead.

Does not a dog exhibit as much brain and reasoning power as an infant? Why, then, deny such faithful friends the great gift of immortality?

ELIZABETH H. MASON.



# Naturopathy

Is the philosophy of Return to Nature and the science of Psycho-Physical Regeneration.

It touches human life and moulds human destiny from the moment of conception to the day of death.

It includes ideally every agency for perfecting mankind, beginning with the Pre-Nuptial and Pre-Natal Culture and ending with Perennial Youth and Deathless Translation.

It bears its message "from the heart of Nature, through the heart of Man, to the heart of God."

\* \* \*

Naturopathy stands inherently and everlastingly for the two phases of progress—a looking backward and a pressing forward; back to the sublime simplification of Nature, ahead to the dawning revelations of Truth. Any line of study that interests a man in himself instructs him about himself and inspires him beyond himself, crosses the field of Naturopathy at many points.

\* \* \*

Naturopathy sanctions no single theory, book or system.

\* \* \*

Naturopathy tells you how to generate your own Health, Success and Happiness; how to cure yourself at home of any form of Disease, Acute or Chronic; how to maintain Health once regained; how to understand and use the Laws of Being; how to become a radiant center of Life, and Truth, and Love.

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The headquarters of the Naturopathic Societies of America are at 135 East Fifty-eighth street, New York. The official organ is THE NATUROPATH, 111 East Fifty-ninth street, New York.

A branch is to be organized in Chicago and all interested may send their addresses to this office and notice of meetings will be forwarded.

# BUSINESS PSYCHOLOGY

EDITED BY PROF. P. J. MAHON, FACULTY SHELTON SCHOOL  
CHICAGO

## Anent Business Judgment

**I**N THE royal realm of mind what we term definitions are apt to be elastic. Sometimes they are even hazy. They overlap and they intertwine to a degree that very often beclouds the student. For instance, we are told in the text-books that intellect is made up of a group of faculties with reason and judgment in the front rank. But neither one nor the other could be there identified as the reason and judgment of which we speak in the work-a-day world.

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When you say that "Smith is a reasonable man," you have a clear idea that you are simply telling of his sense of fairness. In a like manner if you say "Smith is a man of judgment," you have a kind of judgment in view which differs from the faculty known to scientists. Their definition is that "judgment is that act by which the mind, having formed two ideas, affirms or denies identity between the objects of those ideas." This sounds very abstruse, but to explain it they give you an example. By the sense of sight I perceive that here is a piece of furniture. Before this I had learned that a like article was called a table. Comparing the two ideas I now reach the judgment that this piece of furniture is a table. Here we have judgment that is only a primary mental act.

\* \* \*

But it is well pointed out in the Sheldon School Lessons on Salesmanship that the term has a larger and a colloquial meaning in which it is more familiar to the business world. Here we find it to amount to the exercise of practical wisdom. It is named almost as a synonym for prudence, discretion and sagacity.

\* \* \*

If we say, for example, that a man has "ripe" judgment, or "sound" judgment, we are virtually taking stock of a man's ability to do things well or ill. So it is we credit some men with a "quick" or an "accurate" judgment, according to the special trend of their powers. Hence, in this wider meaning judgment is the action of the united mental forces, together with a process of weighing or reasoning out the matter in hand. It guides the individual in what to do or not to do, what to accept or what to reject. The man of judgment

looks out before him and ponders the situation. He "sizes up" persons and happenings on their merits. He takes his bearings in every direction. Having done this, he comes to his decision; and, whether it be reached quickly or slowly, that is called his judgment. It is the verdict that shapes his action.

\* \* \*

The injudicious man, he who is "short" on judgment, is either too lazy or too heedless, too hasty or too impetuous, to use his natural powers of reflection. This is the man who is constantly blundering until at last he sinks into the mire of failure. It is he who locks the stable door after the horse is stolen. As another old proverb stamps him: "The wise man first reflects and then acts; the fool acts first and then reflects." You will see from this last description how numerous is the type in the business world.

\* \* \*

From all this it is plain that the secret of good judgment, as well as the best means to promote it, dwell in the habit of mental deliberation. Experience tends to quicken the process, of course, but some men fail to profit even by their experience. Of two men having the same knowledge, the same powers and the same means at hand, one will act rightly in any given case, while the other fellow will be almost as sure to blunder. The cause of this is that the former thinks, studies, considers the matter in hand. He looks before he leaps. The latter sails in without reflection. The habit of thinking over and weighing our intended action is urged on us by the wisdom of the whole human race. It is the key to wise judgment. The man who does not use it can never be better than a bungler. Like our other habits, too, it must be a subject of daily care if we want it to grow. It must be applied to all our concerns both great and small. It is by the repetition of little acts that a quality is slowly and noiselessly formed. The several acts in themselves may seem trifling, but so are nearly all the acts of daily life. Even the career of a mighty ruler is made up of small separate acts. As the process has been happily stated: "Like snowflakes, they fall unperceived; each flake added to the pile produces no sensible change, and yet the accumulation of snowflakes makes the avalanche. So do repeated acts, one following another, at length becoming consolidated in habit, determine the course of the human being for good or evil, and, in a word, form the character."

\* \* \*

There is no other way, then, to gain a sound judgment than by this habit of prudent forethought. As it was said even by the dashing David Crockett: "First be sure you are right and then go ahead."

P. J. M.



## Business Talks

BY THE MANAGER



### About Advertisements.

No DAILY newspaper or weekly or monthly can be published at a popular price without advertisements. Because of the advertisements a large magazine like McClure's or Munsey's can be published at \$1.00 per year; the paper alone in these magazines costs about as much as the publisher receives from subscriptions. I mention this fact to show that advertisements are necessary.

\* \* \*

The question of what kind of advertisements to accept for publication is a difficult one. The postal regulation requires a publisher having second class privileges to print general advertisements which may be offered. Some advertisements are now refused by many reputable publications; such as advertisements for whiskey, "cure alls," "medical institutions," etc., and various kinds of questionable advertising.

This publication does not accept advertisements which are misleading or advertisements of injurious preparations, or advertisements which are fraudulent on their face.

\* \* \*

If you see an advertisement of astrological readings, or "absent treatment" or "success circles" in this magazine it doesn't mean that the editor believes in such matters. Many persons do, and if any one wishes to pay 50 cents or a dollar per month for "vibrations," I suppose no harm has been done, but I think it would be better to read the little book on Auto-Suggestion and find out the underlying principle of "success circles," and then make a personal application of the principles. But many persons prefer to buy "treatment" from another rather than heal themselves. The Supreme Court of the country has decided that "absent healing" is legal, and any one can accept money for such treatments without fear of prosecution provided the treatments are actually given.

In this issue is an advertisement by Prof. Marchand, who makes an antiseptic and germicidal preparation known as "Glycozone." This is not a secret remedy or a patent medicine, as the chemical formula is well known. Prof. Marchand tells me that the preparation is absolutely harmless, and that it is useful in cases where fermentation and soreness of the stomach is present; he states that he was poisoned by eating fish and meat, and that he saved his life by taking 16 ounces of Glycozone in ten hours. For soreness, distress and catarrhal conditions of the stomach and intestines, Glycozone has a healing and germicidal effect; it does not remove the cause of disease, and it does not "cure"; but it removes debris and mucus and gives nature a chance, just as soap and water is used on a wound. Now, please do not say that SUGGESTION is printing "patent medicine" advertisements for it is not.

\* \* \*

Nature cures in every case, but sometimes we can assist her, and at the same time do no harm. Pure food, air and water in proper quantities will help nature; olive oil is one of the best natural foods known to science; and you will find olive oil advertised in SUGGESTION; write to the firms for more information. Olive oil is one of the very best foods for consumptives and for those who wish to gain flesh—olive oil, milk and fresh eggs will do the work.

\* \* \*

Readers of this magazine are invited to read over the advertisements and to write for information about any matter that arouses interest or curiosity. All advertisers are pleased to send information, and there is no obligation on your part to purchase anything.

\* \* \*

If any advertiser in SUGGESTION is not acting honorably we will be glad to have the particulars, and the matter will be equitably adjusted. So far as is known every advertiser in the magazine will do just what he or she claims to do. If you send 25 cents and three questions you will receive answers to them—that is all you can expect; there is no guarantee as to the reliability of the answers.

\* \* \*

If you send for a book, or appliance or article or recipe, you will get the article mentioned, but I cannot guarantee that the book or article is worth the money; every one must judge for himself. It is impossible for a publisher to examine all the articles offered in advertisements; prospective purchasers must use judgment.



And don't condemn an advertisement off hand; and always remember this; no one is forced to read advertisements; no one is forced to believe them; no one is forced to buy anything advertised. If you don't want to patronize an advertiser, possibly your neighbor does. This ought to be a free world, and every one should be allowed the greatest possible degree of freedom. Personally I would not give 10 cents to see a dime museum, but I think others ought to have the privilege of seeing the woolly man and the six headed calf if they wish. There is always a tendency in human nature to try to make the other fellow do, act and think as we do. We are always trying to make our neighbors good according to our ideas of good; as has been pointed out, a far better plan is to make ourselves "good" and our neighbor happy.

\* \* \*

Prof. Dickson of Kimball Hall, Chicago, will send to every reader of this notice a little pamphlet about memory training; simply send a postal and say you saw a notice in SUGGESTION about a booklet. Memory training will some day receive as much attention as cabbages, but it does not today. The Government at Washington is busy with experiments about cotton and soils and codling moths, but has no time to devote to experiments about mentality, will power, practical psychology, and intellectual forces. The brain and thought will be the last thing on earth to receive proper attention at the hands of the various governments. Do not neglect your own mind power.

\* \* \*

Electrical massage is done by means of small batteries; electrical stimulation is beneficial in case of eye, ear and scalp trouble, and in cases of congestion, nervousness, numbness, poor circulation, etc. It will be easy to get more information about cell stimulation by electrical treatment by sending a postal to Percy Williams, 4 and 6 Broadway, N. Y., who makes batteries for home use at very low rates.

\* \* \*

THE RADIUMITE Co., 97 S. Clinton St., Chicago, is a reliable company making razors and razor strops. With a Radiumite razor strop no honing is necessary; you can keep your temper as well as your razor in first class condition; additional information about razors and strops will be found in the advertisement of the Radiumite Co., in this issue.

A New York health magazine, claiming 100,000 circulation and having a page rate of \$100, has been sold by order of court. I understand the actual circulation of this magazine was 8,500 copies monthly, and doubtless half of this amount was not paid for. Many advertisers were duped into paying the \$100 rate.

\* \* \*

There ought to be a national law making it an offense to advertise a false circulation. Advertisers can easily protect themselves by demanding sworn statements. A publisher can swear to an affidavit for 25 cents, and if he is honest he will do this.

\* \* \*

Advertisers should beware of statements which are only "guaranteed;" ask for the proof.

\* \* \*

The circulation of SUGGESTION is 20,000 monthly; every copy goes to a purchaser or is sent in response to a request. Every month our friends send us the names of hundreds of thinking persons and sample copies are sent to each.

\* \* \*

The advertising forms of this magazine close thirty days before date of issue; the reading forms forty days before date of issue.

\* \* \*

Many advertisements are spoiled by overcrowding.

\* \* \*

An advertisement should be written with special reference to the class of readers it is intended to reach.

\* \* \*

We have received a very neat little suggestion for "Success" building, in the form of an attractive hanger, which we think our readers would appreciate very much. The price of these are 25 cents each, and same can be obtained from Dr. R. Strath, president Seattle Psychological Society and New Thought League, 318 to 322 Arcade building, Seattle, Wash.

Elizabeth Towne, Department 17, Holyoke, Mass., has written another book, "The Life Power and How to Use It." Elizabeth wants a big dollar for her new book, but I guess it is worth it. If you have never read any of her books send 25 cents for "How to Train Parents and Children" or "Just How to Wake the Solar Plexus," or send 5 cents for a copy of her magazine.—*The Nautilus*.

After trying a nickel's worth you may feel that you will want a dollar's worth.

\* \* \*

If any reader of this magazine has not seen Elizabeth Towne's magazine, "Nautilus," it is not my fault but somebody's misfortune. Send a postal to Nautilus, Department 17, Holyoke, Mass., and get a copy of the very much alive magazine. You will also receive lists of books published by Elizabeth.

\* \* \*

Here are some magazines worth reading. A postal will bring a sample copy:

HEALTH, 1562 Broadway, New York city, N. Y.

HEALTH CULTURE, 151 West Twenty-third street, New York city, N. Y.

LIBERATOR, 1114 Twenty-first avenue, N., Minneapolis, Minn.

NEW THOUGHT, 1170 Caxton building, Chicago, Ill.

TOMORROW, 2238 Calumet avenue, Chicago, Ill.

MEDICAL TALK, Columbus, Ohio.

\* \* \*

### Send a Postal for This Booklet.

There is a controversy among wool growers as to whether carbolic acid washings are as effective as arsenical dips in the cure of a prevalent skin disease affecting sheep.

Why do sheep require such heroic and unusual skin treatment?

Is it because their skin is burdened with wool?

Books on the care of sheep inform us that sheep are more subject to diseases than other animals. Sheep, it is stated, are anæmic, cannot stand cold or wet weather, suffer from colds, rheumatism, pneumonia and consumption and, most singularly, are even affected with nervous diseases.

How about people who wear wool where the sheep wear it? Like them they are thin-blooded, have no resistive powers, cannot stand drafts and are more or less subject to colds, rheumatism, pneumonia, bronchitis, consumption and, in the end, "die like sheep."

Wool is the best material we know of for clothing, robes and blankets. But to keep blankets from touching the skin, cleanly and refined people interpose a washable sheet between the two. Underwear used to be called "body linens." Can body linens be of wool?

There is no body linen which appeals to people of good sense as does the Dr. Deimel Underwear. No other keeps the skin in such a clean and healthy condition. No other safeguards the wearer against the ills to which a wrongly protected body is subject, and no other gives half its comfort. Our booklets tell all about it. To be had free by addressing Deimel Underwear Co., 491 Broadway, New York.

• • •

### **How To Get a Copy**

The medical director of the Eyelin Company, 1401 Washington boulevard, Chicago, has written a pamphlet for those who have defective eyes. He does not believe in drugs, or that the wearing of glasses is advisable. He thinks that glasses only weaken the eyes; his idea is that the cause of the trouble should be removed, and then nature will do the rest. He has a preparation for anointing the eyes which has been highly recommended.

Personally, I know nothing about the virtues of this preparation; possibly cold cream would do as well and possibly it wouldn't. Anyway, I like the doctor's common-sense ideas about things, and it will do no harm to read his book, and I am sure his method of treatment is absolutely harmless. It is a good thing to massage the eyes, and it is a good thing to know that no cure can be made until the cause is removed.

E. E. C.

\* \* \*

### **Buying Nursery Stock by Mail**

In this issue our readers will notice the advertisement of the HART PIONEER NURSERIES, of Fort Scott, Kan., advertising high grade nursery stock. This is an old established firm, having organized their business in a small way in 1865, until at the present time their nurseries comprise over 600 acres and is one of the largest in the west.

They make a specialty of the mail order business, and sell their stock direct to the planter at wholesale prices, which saves the consumer all agent's commission. They advertise their stock to be



strictly first class, pure bred in every respect and guaranteed true to name.

All of our readers who contemplate planting nursery stock of any kind this spring will do well to drop a card to the above firm, asking for their wholesale catalogue. And you will do us a favor if you will kindly mention the name of this paper in writing to them.

\* \* \*

THE POWER BOOK LIBRARY, of Auburndale, Mass., is perfectly reliable in its dealings, and purchasers of its books who have practically used them, rate them very high in actual personal and financial value; send for circulars describing the "Power Books."

\* \* \*

### Modernized Chiropractic

All those who are contemplating taking up the study of a drugless treatment as a profession should read the advertisement of the American School of Chiropractic in this issue. It is claimed that chiropractic as taught at this institution is a scientific system of removing the cause of disease by characteristic skeletal adjustment.

Many remarkable cures have been effected by skeletal adjustment, and old school physicians are beginning to admit that the careful adjustment of the vertebrae, etc., is essential to health. Information will be gladly sent on request.

\* \* \*

### A Warning Against Wearing of Glasses

I especially wish to call attention to the advertisement of *The Eyelin Company*, which has appeared in this magazine. Judging from their literature and references of intelligent people who have had business dealings with them I feel confident that if you are in any way troubled with your eyes, so that it is necessary for you to wear glasses, that it will pay you to send for a book which they give *absolutely free*. It is their claim that man, no more than any other animal, should need to wear glasses; and experience, as well as common sense, confirm this statement. Address The Eyelin Company, 1401 Washington Boul., Chicago, Ill.

Do not ostracize the sawbuck and still expect that things will taste like those your mother used to make.—*The Philistine*.



# HYGIENE

## Mastication

UNFORTUNATELY many people do not understand the importance of proper mastication to digestion. It is not only that the saliva contains a digestive principle, ptyalin, essential to the conversion of foods containing starch, but the mechanical manipulation of the food, reducing it to a soft pulp, makes it set better on the stomach.

Indigestion has, in many instances, been entirely relieved by insisting on deliberate and thorough chewing of the food. Occasionally physicians suggest that the patient chew gum for a few minutes after eating. While this does tend to relieve flatulence to a certain extent, by stimulating a flow of saliva, the food does not get the benefit of the grinding and mixing which takes place when mastication is correctly performed.

Not long since we prescribed olive oil for a patient who was suffering from recurring colicky pains in the bowels and losing weight. At the next visit the patient complained that he could not digest the oil. He was told to masticate it well so that it should be thoroughly mixed with saliva. After this he had no further trouble.

We are aware that saliva is supposed to have no effect upon oil, which is digested in the small intestine, but the fact remains that the oil, when well mixed with saliva, gave no trouble to the digestive organs. It is possible that the saliva, aided by the churning which the oil received during the motion of chewing, emulsified it in a degree, thus making it easier of digestion.

Whatever the explanation, the fact remains that olive oil, when masticated, usually causes no trouble, and it will be well for doctors to instruct patients on this point when prescribing the oil.—*Editorial in Medical Brief.*

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HAVE patience with all things, but chiefly patience with yourself. Do not lose courage by considering your own imperfections, but instantly set about remedying them: every day begin the task anew.—*St. Francis De Sales.*

# PSYCHOLOGY OF CHILDHOOD

## The Ideal Mother

THE IDEAL MOTHER IS NEVER TOO BUSY TO BE A REAL COMPANION AND FRIEND TO HER CHILDREN.

BY HELEN HALE, in *Chicago Examiner*.

**A**T LAST I have found the ideal mother! She is a little woman who has a home already half way to the stars, for she lives up on the fourth floor of one of the city's many apartment houses. When I arrived at her landing the other afternoon—altogether out of breath, it must be confessed—she greeted me with a merry little bubble of laughter, "Oh, you poor dear! Now, isn't it a

shame I have to impose that long flight of stairs on my friends? Of course I do not mind them one bit for myself. Oh, no indeed! You see the air is so good up here and the view is splendid; then we well, we do not want to give quite all our haven't any one above us, and the rent—money to the landlord even if we do live in Chicago"—and the little woman sighed wistfully.



HELEN HALE

blessed little dream homes which so many loving women long for! Can they never become joyous realities instead of sweet far-away fancies? However, my friend has learned that the secret of happiness lies in making the best of everything, so she arranged her five small rooms with as much exquisite taste as her slender pocketbook

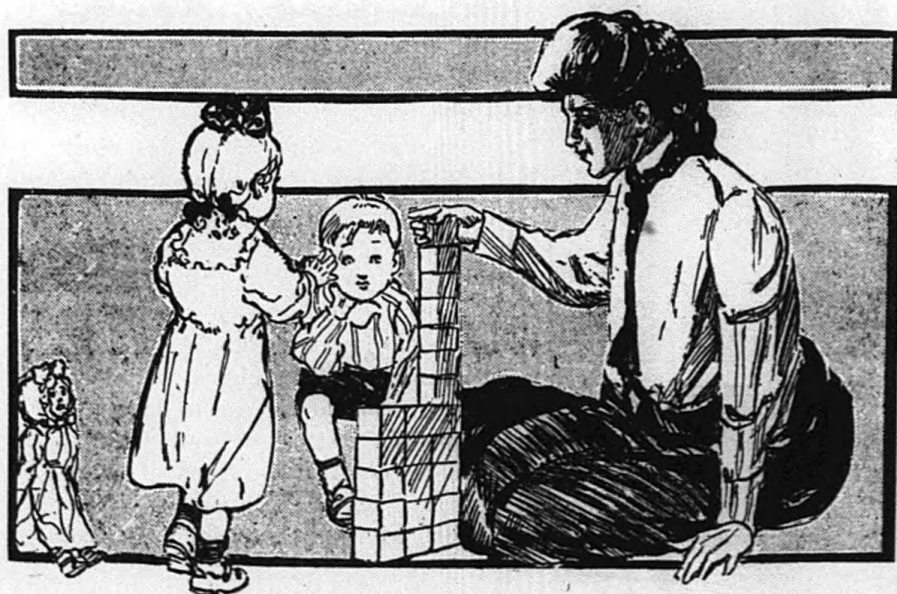
She was thinking of the day which was slowly but surely coming when she and Billy and the little daughter were going to move to a real home of their own where there would be a grassy yard, a tiny garden, a shady porch and one big living room with a wide fireplace to gather around on cold winter nights. Oh, these

will allow. There were rows of books—I divined the sacrifices which made their purchase possible—scarcely any bric-a-brac or pictures (those luxuries she could wait for), but a number of comfortable easy chairs and some ferns which were actually thriving, no doubt from the sunshine which pervaded the entire apartment.

LITTLE MISS OF NINE TELLS WHY HER MOTHER IS SO DEAR TO HER.

The sweetest, most precious treasure my friend had was her nine-year-old little daughter, who sat in the bay window entirely surrounded by a large family of solemn-looking dolls. "Our babies," announced her mother, "are suffering with tonsilitis today, so I am obliged to prepare some medicine for them," and she carefully portioned out into small white papers a sugary powder. After this was done she mixed a gargle for the throat of the invalids and then began to make some chest protectors for them, while the little girl looked on with tender, solicitous eyes. Suddenly the child crossed the room and silently rubbed a soft cheek against her mother's. Then turning to me, she said: "I love mother because she is just such a girl. I hope she'll never grow old and proper and lady-fied. She is so much nicer this way."

"What do you mean by 'this way'?" I questioned.



"Oh, playing dolls with me and making believe about things. Mother just loves to pretend—sometimes we cross the ocean and are shipwrecked or go downtown with almost a hundred dollars to spend. My little friends in the story books—'Carol Bird,' 'Emmy Lou' and 'Jewel'—are mother's chums, too. Once in awhile they whisper lovely surprises to her for me. Mother and I have little secrets together about the dolls and the birds we feed out on our fire escape that we do not even tell to father. Mother is so good about thinking up schemes and plans. Do you know I help her decide about her new dresses and hats?—she really needs my advice, and then she consults me about important affairs—like inviting company to dinner or buying people presents. Mother is so sweet to everybody, even to the washerwoman, and perhaps that is half the reason I love her so much. She swings and skips with me, plays tag and hide and go seek up here on rainy days, and once every week we make candy—better than the kind at the store. I guess mother is pretty busy when I am at school, but when I come home she always has time for me and doesn't act as if I worried or bothered her at all. Of course, that is because she is such a girl."

MOTHER TELLS OF HIGH AIMS SHE HOLDS IN RAISING HER DAUGHTER.

While her little daughter was chattering to me my friend blithely continued her sewing; not for anything would she have her child self-conscious. Later, when we were alone, she said: "Perhaps you think I am silly to make so much of Ruth, but I want to give her a perfectly happy childhood and have her always feel that her mother is the best ever. I have tried to sympathetically cultivate her imagination rather than let her live in a lonely little world of her own, as so many children do. In the same way I enter into her play and fancies do I interest myself in her work at school. She brings home all her lesson papers for me to examine carefully. Children are more sensitive than most of us understand and it is not so easy to remove the cruel barb we may thoughtlessly thrust into their tender hearts. I would not have my little daughter afraid of anything or anybody in this world, least of all the speech or laughter of her mother. It is not enough to love children, call them a dozen pet names every day, and dress them neatly, but we must absolutely and faithfully be their friends."

When I left this ideal mother I knew that God had not made a mistake when he sent into her keeping the wonderful budding soul of a little child. Don't you agree with me?



## Experiences

### Telepathy.

The following letter is from a gentleman who does not wish his name published:

Am 55 years of age. Been in railway service thirty years, telegraph operator thirty-five years; been in brokerage business about five years. Do my own telegraph work, taking market quotations of railway stocks, grain, etc., off the wire and marking them on a black-board for the use of my patrons, who, as the market fluctuates up or down, give me orders to buy or sell as their judgment dictates. Sometimes do a little speculation myself, but my interests are interwoven with those of my patrons because as they succeed or fail my business increases or declines. This has caused me to at times become very much interested in and causes me to concentrate my mind in some particular commodity or stock that they may be trading in—at other times I may become attracted by the peculiar manner in which a certain railway stock fluctuates, although neither myself or patrons are interested in this particular stock. If I at once form an opinion, that opinion is seldom right, but if I allow my mind simply to await impressions that impression finally comes and when it is *forceful* is *never wrong*. Sometimes it comes in a day—sometimes not for a month.

Now you doubtless are aware that cliques or combinations are formed in Chicago or New York to bull or bear wheat or some particular stock. Now here is a body of men strong-minded and forceful concentrating their thoughts on one subject and of necessity sending out powerful thought waves.

Query—whence these impressions on my *receptive* mind? Do I get them direct from the clique or person that is manipulating the deal, or how?

I will add that sometimes these impressions come in a *flash* the moment I hear the quotation on the wire, at others it gradually grows as a conviction.

Now what is this? Telepathy? Clairvoyance? Or is it simply a force of habit acquired by long experience? I claim I get the impressions direct from the minds of the manipulators; am I right?

My object in telling you how long I had been an operator was to inform you that fifty years of my life I have been simply a machine doing the bidding of others. For five years have been trying to be my own thinker and have accomplished much in a crude way. It has been said the boy is father of the man, which is natural, but I find it had for a thoughtless prejudiced man of fifty to again *become his own father* and build up a new man. Won't you please answer?

\* \* \*

By MRS. C. J. STEPHENS, Pensacola, Fla.: I once had a brother afflicted with epilepsy and he was on my mind a great deal. Often when I would be away from home I would dream of seeing him have an attack, and in every instance when I would hear from him I would learn that he had been sick, even as I had dreamed.

On several occasions I have seen, in a dream, places that were new and strange to me, and afterwards I would see for the first time the place of which I had dreamed and would recognize it instantly, every detail being perfect.

On at least two occasions I have been warned in dreams of a great sorrow that was about to befall me, but never could tell what the dreams foretold until the blow fell.

One night in the early part of last year I took up my lamp to go in another room, when some unseen force impelled me to look at the wall near the door where I stood, and there I saw a date written in pencil in my own handwriting, and I had no recollection of having written it at all. It read "Feb. 20, midnight."

I was deeply troubled and distressed as I thought that it foretold some calamity that was to happen on that date. But the fateful hour passed and nothing unusual occurred so far as I know, and now I am filled with wonder to know if it referred to the coming February or to some time in the dim and misty future, and I shall always look forward to that date with expectancy until something or other does occur at that time.

\* \* \*

W. H. SHULTZ, Ursa, Ill.: I have been puzzled about a bookcase. It was bought by Dr. W. about twelve years ago; in the meanwhile Dr. W. died. His death was about six years ago. The book-



case was bought by Mr. A. It is a combination affair. I was about the case a great deal, but nothing happened till the death of Dr. W.

The case was moved to Mrs. H., the phenomena commencing at that place. It makes a noise like a heavy body dropping. Everybody in this vicinity has heard it.

I am not superstitious nor do I believe in spiritualism; none of the family are mediums—in fact, there is none in town.

## To-Day

WE shall do so much in the years to come,  
But what have we done to-day?  
We shall give out gold in a princely sum,  
But what did we give to-day?  
We shall lift the heart and dry the tear,  
We shall plant a hope in the place of fear,  
We shall speak with words of love and cheer,  
But what have we done to-day?

WE shall be so kind in the after while,  
But what have we been to-day?  
We shall bring to each lonely life a smile,  
But what have we brought to-day?  
We shall give to truth a grander birth,  
And to steadfast faith a deeper worth,  
We shall feed the hungry souls of earth,  
But what have we fed to-day?

—Nixon Waterman.

## Contributors' Department

Matter for this department should be short and terse. Don't waste words. Don't send long communications. Boil them down. Open to all.—EDITOR SUGGESTION.

### Communications.

EVELINE N. BUTLER, London, England:

...When you know you're in the blackest darkness you have already begun to see the Light.

...Trouble is agonizing in the future, unpleasant in the present, and laughable in the Past.

...A merry heart does good like a mental treatment because it is one.

...For one individual to be lost is impossible. For the Whole Concern to prove a failure to one individual would prove it to be a failure all the way round.

...Fatalism and Free-will. Everything is fated to come out right but everything is free to use its own way of coming out right.

...Of course everything is fated to come out all right. Things can't come out any other way in a system where no wrong exists.

By ALFRED J. FISHER, agent Prussian National Insurance Co., Hannibal, Mo.—Herewith enclosed please find check for \$1.00 for which please send me your magazine entitled SUGGESTION for one year, and also send me a copy of your little book entitled "Auto-Suggestion."

I have seen a number of your magazines, which were handed me by a friend, and I cannot help but say something in regard to them. I think your magazine is very fine; it is more uplifting, encouraging and helpful for a thinking, ambitious person, than any other paper I have ever seen. I certainly wish you all possible success as you are deserving of it.

LELIA B. PALMER, Utica, N. Y., sends a copy of the following verse:

#### SMILING.

When the weather suits you not,  
Try smiling.  
When your coffee isn't hot,  
Try smiling.  
When your neighbors don't do right  
Or your relatives all fight,  
Sure it's hard, but then you might  
Try smiling.  
Doesn't change the things, of course,  
Just smiling;  
But it cannot make them worse—  
Just smiling.  
And it seems to help your case,  
Brightens up a gloomy place;  
Then it sort o' rests your face—  
Just smiling.

—Anon.

R. W. WILSON, Oak Bay, N. B., Canada: From an old book I found that David Gilliet is the author of "I expect to pass through this world but once," etc. It appears by this that it was not Wesley, as supposed. I have Wesley's works, but fail to find any "saying" like the above.

DORVIN DUDECK, Oregon, Mo.: I have read a notice in a newspaper that suicides were becoming so frequent in Emporia, Kan., that the authorities gave orders that no case should be published. After that no more suicides occurred. Now then, if all of our outlaws and murderers knew that no public notice will be taken of their "brave deeds" (¶) that their dare-devil acts will bring them no "big name," they may think twice before acting. I believe newspapers are a curse to our people.

MARTIN HAYDON, Sherman, Ill., sends the following selection:

Happiness is the legal tender of the soul and joy is wealth.—From Col. Ingersoll's lecture on *Liberty of man, woman and child*.

By DR. GEO. W. CAREY, San Diego, Calif.:

Christian Science believes in one God, an Infinite Intelligence, omnipotent, omniscient and omnipresent, that created all things and pronounced it good.

Again Mrs. Eddy's followers assert:

"We do not believe God, this universal principle, or intelligence, is the author of sickness, disease, etc."

There is nothing but God to be responsible for anything—even delusion or false belief. So-called delusion, false beliefs or disease—pneumonia, cancer, etc.—are operations of wisdom, which are not cognized in their relation to the whole by so-called individual thoughts at certain stages in the procedure of God's operation. But each thought of God must be revealed unto himself, and "be satisfied when it awakens in His likeness"—that is, finds it in God, and not outside.

So the operation called healing is part of the Divine procedure, whether by so-called material means, or spiritual. Material remedies are in God also, for there is no other place. The statement that if there had been any material remedies Jesus would have known it is not well made. At one time Jesus used dust and saliva to heal the blind. He did not tell us that the telephone or phonograph was possible—that is, he did not specify or itemize; but he did say, "All the things I do ye shall do, and greater things shall ye do." And in the marvelous operations of surgery and the adaptation of food and the cell-salts of the blood for the materialization of the human organism—the Temple of the Living God—we behold the fulfillment of his prophecy.

There can be no material remedies outside God's operation.

By HARRY C. SMITH, Detroit, Mich.:

Your article "Disastrous Newspaper Suggestions" in February SUGGESTION will bring to you many letters saying that you have voiced the writer's thoughts and only said that which the many writers have already talked about with friends emphatically.

In reference to the grand and true thoughts you express in this article. I myself have said the same thing many times in the last year and have heard others expound the identical subject. However, it rested with you to give the clear call for "war against the enemy."

My object in writing you at length is to compliment you and tell you of my appreciation for you and others who stand at the higher gateways of knowledge and wisdom. I take it, the higher ideals and truths and wisdom are in reality common property and man has but to reach out and up to his full ability to attain his heritage. Few can stand the higher strain of vibrations and keep his equilibrium; those few can pass on or translate the truths that he can compass. It is the old story of the "Sower and the Reaper." Yourself, Krebs, Hudson, Hubbard, Mrs. Wilcox, Funk, James and scores of others are moulding the thoughts of "what the people will think tomorrow and next year." With this view of things, how foolish is the man who would be self-aggrandized or arrogant with thinking himself superior to anyone. Some soul whom it is his humble privilege to awaken will in a day outstrip him to be his teacher.

There can be no high and no low in the final casting of the problem. One may reach higher than another because of the sustaining and solidity of those near or under him, but the prizes gained belong to not the one, but to all.

By W. S. WEIR, Toronto, Ont., Canada:

Happiness is only to be had in the pursuit of some ambition and that the party in pursuit of such ambition must have enthusiasm and be contented with the lot he moves in at the present and not let his enthusiasm and ambition so run away with his common sense that he yearns after something in the future. With present contentment and a higher aim in life all should be perfectly happy.

S. LAFAYETTE WILLARD, Siloam Springs, Ark.:

Exterminate the drones. Intellect never bows to ignorance. Truth will predominate. Therefore, exterminate the drones of society—the teachers of fallacy. Fast is enough to learn.

W. DE VOE, 519 E. 46th St., Chicago:

I would so live that others could truly say:

"He revealed the sublimity and power of the spirit of man."

S. B. COWLES, Sand Lake, Mich.: I will be 80 years of age the 15th of next month (March 1906). It has ever been an axiom with me from youth that to discover and to practice Truth is the greatest good to mankind individually and collectively. Your editorial, "Disastrous Newspaper Suggestions," and your desire for expression of opinion have moved me to write the truth. "The plague that is rife among us" is all right. Because it is in the straight line of evolution and progression from barbarism to the "Brotherhood of Man."—"The Glad Day Long Foretold."

And this plague will and ought to continue worse and worse until the great majority hate, curse and despise the plague sufficiently to apply the known, practical, everlasting remedy to everlasting blot out the plague. The known, practical, everlasting remedy is socialism or the co-operative, commonwealth as explained and taught by the *Weekly and Daily People* at 2 to 6 New Reade St., New York City, N. Y.

The plague is known by observation and experience, and the true remedy can be known by intelligent, thoughtful, truthful and moral education. Socialism is the permanent, practical remedy of the foreordained plan and our only salvation from the immoral plague and only guarantee of a moral and glorious future.

WE need Some One to believe in us—if we do well, we want our work commended, our faith corroborated. The individual who thinks well of you, who keeps his mind on your good qualities, and does not look for flaws, is your friend. Who is my brother? I'll tell you: he is one who recognizes the good in me.

—FRA ELBERTUS.





## Exchange Table



### What is Suggestion?

HENRY HARRISON BROWN, in a recent issue of his magazine, *Now*, answers the following questions:

1. Will you tell me what suggestion is?
2. A friend claims that when one knows how to use suggestion he can make anyone submit to his wish; what is your opinion?

#### ANSWERS.

1.—A suggestion is anything that causes a thought in the mind. A suggestion may be conveyed telepathically, orally, or by look, gesture, or thing. It may enter the mind by the channel of any one of the five senses. The Law of Suggestion is an ever-present Law. It is: *I am that which I think I am!* Suggestion as an Art consists in the ability to give a Suggestion so another will receive it consciously and accept it for the time being as his own thought. The Law is intuitively and unconsciously obeyed by every person. To understand and use it intelligently means that one shall find in the Law of Suggestion the means of so directing his own life that he becomes the Master of Fate, as shown in my little book.

2.—Such claims have no foundation in fact. Their power lies entirely in the fears, ignorance and superstitions of the masses. No person ever existed who could control the will of another. The majority of people have not learned to will for themselves, and are thus the legitimate prey of charlatans, like the one you mention. *I AM!* means that I am not any one else, and no other can enter my Inner Sanctuary and control my life. One may, and the majority do, give others the right, through Suggestion, to direct them, and here lies all the power one person has over another, be it mother, teacher, doctor, priest or the person who claims "hypnotic power." There is no such power.

### Self Control.

ONE of the most powerful factors shaping the destiny of men and nations is what is called the law of suggestion. Something of the force of this great law has always been recognized by thinking men, and early writers have attached some importance to it. But as a scientific study it is among the other subjects that men of science are trying in a way, at present, to analyze and better understand.

A number of authors have within the last few years sent out volumes arguing phases of the law of suggestion and setting forth effects resulting from the use—good or bad—of this powerful force.

Several able magazines have also entered the field, and their editors are with more or less clearness discussing this and kindred subjects.

First among these publications perhaps is a monthly called *SUGGESTION*, which sets forth in a clear, common-sense fashion the effects of the law of suggestion, its misuse, and the great benefits to be derived from its proper use.—*Extract from an Editorial in the Arkansas Democrat, Little Rock, Ark.*

SOME DAY, perhaps a thousand years hence, we will have learned better than to make criminals, fools, invalids and paupers either by birth, by education or by legislation.—*S. F. Shorey, in The Aphorist.*



## REVIEW NOTES



Authors or publishers of books dealing with subjects within the field covered by SUGGESTION are invited to send short review notices (with copy of book) which will be inserted in this department.

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### Books.

HEALTH AND THE INNER LIFE; An Analytical and Historical Study of Spiritual Healing Theories, with an Account of the Life and Teachings of P. P. Quimby. By Horatio W. Dresser. 255 pp. Cloth. G. P. Putnam's Sons, New York.

The Table of Contents is as follows: Historical Sketch; Personal Testimony; Mind and Disease; Quimby's Theory of Man; The First Teachers; The Omnipresent Wisdom; The Power of Thought; Spiritual Healing; Methods of Healing; Summary and Definition Index.

This volume gives a history of mental suggestion in America, although the author doubtless thinks that mental suggestion is not a sufficient explanation for all so-called mental science cures, faith cures, etc.

He shows how P. P. Quimby was led to practice a form of mental healing in Maine about 1836; how Mrs. Baker Eddy (then a Mrs. Patterson) came to him for treatment and was cured, and he traces her doctrines back to the teachings and practices of Mr. Quimby, who is the father of mental healing in this country. Those who are interested in the history of mental healing will find valuable information in this book. To those who are familiar with the great law of mental suggestion, which underlies *all* forms of mental healing, faith cure, absent treatment, etc., the book will have a historical interest, as it traces the history of mental healing from the time of Quimby to the present. It is a pity that every Christian Scientist cannot read this book, but I believe they are not allowed to read literature that conflicts with the beliefs of Mrs. Eddy. The book certainly conflicts with the teachings of Mrs. Eddy. It states that:

"The tendency to regain health is exceedingly strong. All the necessary powers are there. Healing, then, let us repeat, is, in the



first place, a natural process. It may be aided in many ways, but the process is the all-important thing. For the process is necessarily resident in the organism. If man followed nature as fully as the animals do, little outside help would be required. Most healing methods of human devising are artifices invented to overcome the obstructions which man has reared. There is no reason to set up claims for one's self as a healer."

And again:

"It is doubtful if any mental healer fully knows how he does his work. He has theories, but theories may have little relation to facts. The most he can say is that, in some wonderful way, a certain psychical activity on his part is a factor in a very much larger process which includes manifold workings in the subconscious life. The psycho-physical process is probably the same in all kinds of mental treatment, from lowest to highest. There is a communication from healer to patient. Call it 'vibration,' if you will. Call it 'suggestion,' or telepathy. Some healers know far more about the way in which the communication is made than others whose theories are no less positive. But the chief thing is the communication, and the fact is that this aids nature in the removal of obstructions. Some sort of psycho-physical process, in which the healer's activity plays a part, is the common basis. This communication is found alike in hypnotic [suggestive] mental transference and in religious healing."

The book should be in the library of every one who has any interest in psychological matters.

\* \* \*

THE ELEMENTS OF ETHICS; FOUNDED ON THE NATURAL LAWS OF MIND AS REVEALED BY HUMAN CONDUCT. Outlining the fundamental principles of ethics. By E. J. Schellhous, M. D.

The author, disregarding all theories, employs a strictly scientific method, entirely new and essentially different from any system of ethics hitherto given to the world. He recognizes the relation of force and phenomena after the manner of the development of physical science, taking "Ethics" out of the region of speculative theories into the category of exact science.

The true province of ethics is to accomplish for man in the realm of matter—to secure justice and regulate affairs in the moral world, as physical science had done for mankind in the material world.

The great desideratum is the equal advance in man's moral welfare with his material welfare.

This little work is designed to introduce a larger work to supply an increasing need in the advance of the well-being of mankind by the only means that can be employed in such advance—the recognition of a conscious force acting in the cause, of which human conduct is the effect.

All orders for the book, price 50 cents, postpaid, will be promptly filled. Address R. J. Schellhous, 2928 Mercier street, Kansas City, Mo.

### Books Received.

**GERMS OF MIND IN PLANT**; by R. H. France; Chas. H. Kerr & Co., Chicago. This is a delightful and fascinating book. The idea worked out in it is that plants are living beings which receive impressions from the outside world, and act on those impressions for their own advantage, just as people do. This is not mere fancy; the author brings a wealth of interesting facts to prove that it is true. He shows that the main reason why the voluntary actions of plants have not been generally observed is that in most cases they are exceedingly slow compared with the motions of animals. There are, however, many interesting exceptions to this rule, and he describes a few of these in detail. Some of the most important contributions of recent years towards the rounding out of the evolution theory have been in the field of botany, and this little book, now for the first time put within the reach of English readers, is a most charming introduction to this field.

**AS A MAN THINKETH**; by Jas. Allen; The Science Press, 1002 The Republic, Chicago; 66 pp., calf.

**VITAL AND MENTAL SCIENCE**; by H. C. Manary, M. D., Los Angeles, Cal.; 122 pp.

**ABSENT TREATMENT OF DISEASE**; by Sheldon Leavitt, M. D., Reliance Bldg., Chicago; 112 pp.

**NERVES IN DISORDER**; A. T. SCHOFIELD, M. D.; \$1.50; 202 pp.; Funk & Wagnalls Co., New York.

**THE PHILOSOPHY OF LIFE**; Charles Gilbert Davis, M. D., Marshall Field Bldg., Chicago; 128 pp.

**BETTER WORLD PHILOSOPHY; A Sociological Synthesis**; by J. Howard Moore; cloth; 275 pp.; Charles H. Kerr & Co., Chicago.

The table of contents is as follows: The Problem of Industry; Blunders; The Social Problem; Egoism and Altruism; The Preponderance of Egoism; The Social Ideal; The Derivation of the Natures of Living Beings; Race Culture; Individual Culture.

**METAMORPHOSE**; Involving Regeneration of Individual and Race, and also the Solution of the great Problem of Poverty; by Orlando K. Fitzsimmons; price \$2.00; 253 pp.; cloth. The sole purpose of the work is to set forth clearly the existing evils, their causes and their purpose, and then to point out an inviting method whereby Evil can be replaced with Good. This book points out the evil features of the present competitive commercial system, and offers some pertinent suggestions regarding the remedy. Many new ideas regarding economics are presented. Every student of sociology and world reform will find something of interest in this work, which is stamped with the earnest and sincere spirit of the author.

"SCIENTIFIC LETTER WRITING." By L. E. Ludwig, Publicity Publishing Company, Publishers, Chicago; cloth, \$1.00.

This is one of the most really practical and helpful books to appear this Fall. In this day when all business is reduced to a science, there is a vast public of eager readers for each business book that appears; but when, as in this case, an expert in a certain line gives the benefit of his years of experience to the public, in a book clearly and concisely written, it is seized with avidity. Too many business books are theoretical. The practical business man wants a system based on actual experiment, not on high sounding theory. Every man who writes one or many letters will find in "Scientific Business Letter Writing" valuable suggestions for making his correspondence successful while the stenographer and professional correspondent should receive invaluable benefit from its careful perusal.

\* \* \*

AS A MAN THINKETH; by James Allen; 62 pages, printed on exceptionally heavy Canterbury Laid paper; bound in ooze calf with boards; handsome cover design and title in Sepsia brown; an exquisite gift volume; price 60 cents, postage paid; cloth edition 50 cents; first American edition; The Science Press, The Republic, Chicago, Ill.

It is little books like this that give one higher ideals and renewed inspiration. They make one forget "circumstances" and "environment," and think only of the power that lies within oneself. "Thought tends to take form in action," and Mr. Allen shows how practical this can be made and what a force it can become in the life of any one. "You will be what you will to be" is not merely a poetical thought, but a practical truth. With a definite ideal in one's mind, believing in it and working toward it, a man can make of himself what he wills. The little book may be read in less than an hour, but can be studied for years.

Mr. Allen's Foreword in "As a Man Thinketh":

This little volume (the result of meditation and experience) is not intended as an exhaustive treatise on the much-written-upon subject of the power of thought. It is suggestive rather than explanatory, its object being to stimulate men and women to the discovery and perception of the truth that—

"They themselves are makers of themselves"

by virtue of the thoughts which they choose and encourage; that mind is the master-weaver, both of the inner garment of character and the outer garment of circumstances, and that, as they may have hitherto woven in ignorance and pain they may now weave in enlightenment and happiness.

#### CONTENTS.

Thought and Character.

Effect of Thought on Circumstances.

Effect of Thought on Health and the Body.

Thought and Purpose.

The Thought-Factor in Achievement.

Visions and Ideals.

Serenity.

By an arrangement with the publishers of the book the editor of SUGGESTION is enabled to offer a copy of "As a Man Thinketh," handsomely bound in green cloth, as a premium to every new subscriber or renewal to SUGGESTION, provided no other premium is taken; the request for the book must accompany the order. If the calf bound copy or heavy paper is wanted 25 cents additional must be enclosed.

This is a dainty and instructive book, showing the power of thought to make life successful, and makes a very appropriate present for a young person.

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MARRIAGE IN FREE SOCIETY: by Edward Carpenter; pamphlet; 111 pp.; Stockham Publishing Co., Chicago.

\* \* \*

PRACTICAL PSYCHOMETRY, Its Value and How It Is Mastered; by O. Hashnu Hara; pamphlet, 88 pp.; 50 cents; Fowler & Wells Co., 24 East Twenty-second St., New York City, N. Y.

IS MENTAL SCIENCE ANY GOOD? Being the Unbiased Testimony of several who have tested its TRUTH, showing what use has been made of it by them, for themselves and others; by Samuel George; pamphlet, 31 pp.; price 1s 6d net; Power Book Company, Wimbledon, S. W., England.

\* \* \*

THE PAST REVEALED; A Series of Revelations Concerning the Early Scriptures; recorded by E. C. Gaffield; cloth, 309 pp.; Lathrop, Lee & Shepard Co., Boston, Mass.

\* \* \*

FUTURE LIFE; In the Light of Ancient Wisdom and Modern Science; by Louis Elbe; cloth, 382 pp.; A. C. McClurg & Co., Chicago, Ill.

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THE LIFE POWER AND HOW TO USE IT; by Elizabeth Towne; cloth, 176 pp.; price \$1.00; Holyoke, Mass.

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PRE-NATAL CULTURE; by A. E. Newton. PUBLISHER'S ANNOUNCEMENT: This is a live book for fathers and mothers. Through knowledge, the welcome child before birth is given best conditions and environment. We are demanding wholesome, hearty, healthy men and women. The twentieth century type must be an advance upon all previous generations. That the new baby may be a member of the new race, the joy and fullness of life must be impressed upon its spirit and engraven in its fibre. Children must be born aright. This requires adjustment, harmony and desire on the part of the parents, and also pre-natal education. By systematic methods parents may mould the tendency of offspring before birth. This work teaches the method. Emerson: "To the well-born child all the virtues are natural, not painfully acquired." Pre-Natal Culture gives a high ideal to parentage, and eloquently portrays the mother's influence on the child. Paper, 73 pp., prepaid, 25 cents; Stockham Publishing Co., 70 Dearborn St., Chicago, Ill.

\* \* \*

THE JOURNAL PUBLIC HEALTH is published at Evansville, Ind., by Mrs. Columbia P. Wood in the interest of public general hygiene, sanitation, pure food; the object of the Journal is to awaken public opinion on all questions pertaining to health and sanitary measures; 50 cents per year; no sample copies; send 5 cents in stamps for single copy.

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EMANUEL SWEDENBORG, Man of Science, Philosopher and Theologian of the New Age. A lecture by Rev. L. G. Landenberger, Missionary Pastor of the Illinois Association of the New Jerusalem. (Late custodian of the Swedenborg House at the World's Fair, St. Louis.) Residence: 3741 Windsor Place, St. Louis, Mo. 10 cents postpaid; Western New Church Union, 501 Masonic Temple, Chicago, Ill.

This paragraph appears as an explanatory note: This lecture was delivered in Washington, Chicago, St. Louis and at other places. It has been thought worth while to have it in printed form that it might be sent forth to enlighten such a wish to know about the most useful and marvelous, yet strangely misunderstood, man of modern times.

\* \* \*

THE CHANGING ORDER, A Study of Democracy; by Oscar Lovell Triggs, Ph. D.; cloth, 300 pp.; Charles H. Kerr & Co., Chicago.

The table of contents is as follows: Democratic Art; The Esoteric Tendency in Literature; Browning; Subjective Landscape Art—George Inness; The Critical Attitude; An Instance of Conversation—Tolstoi; A Type of Transition—William Morris; The Philosophy of Play; Democratic Education; "Where Is the Poet"? The New Doctrine of Labor; The Sociological View-point in Art; The Philosophy of the Betterment Movement; Industrial Feudalism—And After; The Workshop and School; A School of Industrial Art; The Philosophic and Religious Ground; Walt Whitman; The Outlook to the East.



## This, That and the Other

### Hard to Drop But Many Drop It

**A** YOUNG California wife talks about coffee: "It was hard to drop Mocha and Java and give Postum Food Coffee a trial, but my nerves were so shattered that I was a nervous wreck and, of course, that means all kinds of ails.

"At first I thought bicycle riding caused it and I gave it up, but my condition remained unchanged. I did not want to acknowledge coffee caused the trouble for I was very fond of it. At that time a friend came to live with us, and I noticed that after he had been with us a week he would not drink his coffee any more. I asked him the reason. He replied, 'I have not had a headache since I left off drinking coffee, some months ago, till last week, when I began again, here at your table. I don't see how anyone can like coffee, anyway, after drinking Postum!'

"I said nothing, but at once ordered a package of Postum. That was five months ago, and we have drank no other coffee since, except on two occasions when we had company, and the result each time was that my husband could not sleep, but lay awake and tossed and talked half the night. We were convinced that coffee caused his suffering, so he returned to Postum Food Coffee, convinced that the old kind was an enemy, instead of a friend, and he is troubled no more by insomnia.

"I, myself, have gained 8 pounds in weight, and my nerves have ceased to quiver. It seems so easy now to quit the old coffee that caused our aches and ails and take up Postum." Name given by Postum Co., Battle Creek, Mich. There's a reason.

Read the little book, "The Road to Wellville," in pkgs.

## A Busy Woman Can Do The Work of 3 or 4 If Well Fed

**A**N energetic young woman living just outside of N. Y. writes: "I am at present doing all the housework of a dairy farm, caring for 2 children, a vegetable and flower garden, a large number of fowls, besides managing an extensive exchange business through the mails and pursuing my regular avocation as a writer for several newspapers and magazines (designing fancy work for the latter) and all the energy and ability to do this I owe to Grape-Nuts food.

"It was not always so, and a year ago when the shock of my nursing baby's death utterly prostrated me and deranged my stomach and nerves so that I could not assimilate as much as a mouthful of solid food, and was in even worse condition mentally, he would have been a rash prophet who would have predicted that it ever would be so.

"Prior to this great grief I had suffered for years with impaired digestion, insomnia, agonizing cramps in the stomach, pain in the side, constipation, and other bowel derangements; all these were familiar to my daily life. Medicines gave me no relief—nothing did, until a few months ago, at a friend's suggestion, I began to use Grape-Nuts food, and subsequently gave up coffee entirely and adopted Postum Food Coffee at all my meals.

"Today I am free from all the troubles I have enumerated. My digestion is simply perfect, I assimilate my food without the least distress, enjoy sweet, restful sleep, and have a buoyant feeling of pleasure in my varied duties. In fact, I am a new woman, entirely made over, and I repeat, I owe it all to Grape-Nuts and Postum Coffee." Name given by Postum Co., Battle Creek, Mich.

There's a reason. Read the little book, "The Road to Wellville," in pkgs.

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Eugene Del Mar and Henry S. Church have formed the Progressive Literature Company, P. O. Box 228, M. S., New York, for the sale of Advanced Thought books by mail. They will receive subscriptions for all publications and do a general book business.

## Mexico-St. Louis Special

Geographically the two great North American republics are divided only by a shallow river that can by no stretch of imagination be deemed a barrier; in friendship and unity of interest they are indivisible. The United States and Mexico, bound together by sym-



pathetic ties as nations which have fought and won the battle of human liberty, and still more closely allied in present day progress and development, will stand for all time shoulder to shoulder in the work that civilization bids them perform, Anglo-American and Latin-American, of different tongues, but one in heart and purpose. It is a spectacle for the world to wonder at and admire—a present fact rather than the fond dream of an idealist. Notable to those of profound thought has been the steady growth of American interest in all that pertains to Mexico and her people. Northern tourists are swarming to the wonderland beyond the Rio Grande, northern commerce is finding its way to the most remote towns and villages, and northern capital discovers profitable fields for investment in exploiting the marvelous resources of our sister republic. On the other hand, there is the ready invitation extended by an enlightened people, appreciative of friendship and fully alive to the benefit arising from a stimulation of traffic, the hearty welcome that puts the new comer at once upon the confident footing of acknowledged brotherhood. And, thanks to the enterprise and tireless energy of our great railway systems, Mexico today is but a few hours distant—barely sixty hours from St. Louis to the City of Mexico—by the new through train service inaugurated on January 16th, over the rails of the Iron Mountain Route, the Texas & Pacific and the International & Great Northern to Laredo, and thence via the National Lines of Mexico. What a change from the weary weeks of travel in the old days; or even the tedious railway trip of later years, with its frequent changes at junction points, exasperating layovers and the annoyance of slow trains stopping at every wayside hamlet. The service is semi-weekly, leaving St. Louis each Tuesday and Friday at 9 a. m., and reaching the City of Mexico at 8:30 p. m. on the Thursday and Sunday following.

For folders and additional information, which will be sent upon request, address Ellis Farnsworth, General Eastern Agent, 186 Clark street, Chicago.

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**T**HE face of a man gives us fuller and more interesting information than his tongue; for his face is the compendium of all he will ever say, as it is the one record of all he has thought and endeavored.—*Schopenhauer*.